

Herald Union



Vol. IX, No. 7

Serving the military communities of the U.S. Army Garrison Hessen

Jan. 18, 2007

News flash

Soldiers killed in Iraq

Spc. Andrew P. Daul, age 21, of Brighton, Mich., died Dec. 19 in Hit, Iraq, of injuries suffered when an improvised explosive device exploded near his Abrams tank during combat. He was assigned to Friedberg's 1st Battalion, 37th Armor Regiment. **Pvt. Evan A. Bixler**, age 21, of Racine, Wis., died Dec. 24 in Hit of wounds suffered from enemy fire. Bixler was a member of 2nd Brigade's 1st Battalion, 6th Infantry, Baumholder. **Sgt. Edward W. Shaffer**, age 23, of Mont Alto, Pa., died Dec. 27 in Fort Sam Houston, Texas, of injuries sustained on Nov. 13 in Ar Ramadi, Iraq. Shaffer was a member of the Friedberg-based 1st Battalion, 36th Infantry Regiment. **Pvt. David Dietrich**, age 21 of Marysville, Pa., died Dec. 29 in Ar Ramadi of wounds suffered from enemy fire. Dietrich was assigned to Friedberg's 1st Cavalry Regiment, 1st Brigade Combat Team. (*DoD News*)

55th PSB to inactivate

The 55th Personnel Services Battalion will hold an inactivation ceremony in Hanau's Pioneer Fitness Center Feb. 7 at 2 p.m.

NSPS training

All GS employees are required to attend National Security Personnel System training. U.S. Army Garrison Hessen employees in the Hanau area can take classes Jan. 19 or 26 in Building 1355 on Fliegerhorst Kaserne. Supervisors must take the two-day class which will be offered Nov. 22-23 or 29-30 in the same location. Register online at <https://atrrs.army.mil/channels/chrtas>. Call Renee Tucker-Oppermann at mil 323-2113 for details.



Photos by Sgt. Jeffrey Alexander

Hard at work in Iraq

Soldiers from Hanau's 502nd Engineer Company disassemble a bridge near Taji, Iraq, on Jan. 3 to deter insurgents from using it to transport weapons across the river. The bridge can be reassembled at a later date when the threat has been reduced.

Bush outlines new Iraq strategy

By Donna Miles

American Forces Press Service

President George W. Bush's new strategy for Iraq includes more than 20,000 additional U.S. troops on the ground in Baghdad and Anbar province, increased responsibility for the Iraqi government and Iraqi security forces, and more diplomatic and economic initiatives.

Bush, speaking from the White House Jan. 10, said his new strategy "will change America's course in Iraq and help us succeed in the fight against terror."

The president acknowledged that the situation in Iraq has changed dramatically since the bombing of the Golden Mosque

in Samarra in February 2006. The sectarian violence it ignited has overwhelmed political gains Iraqis have achieved and created an "unacceptable" situation in Iraq, he said.

The most urgent priority in Iraq is to stop the violence and create the stability needed for the country's new government to succeed, the president said.

Toward this end, Bush announced that the Iraqi government has committed 18 Iraqi army and national police brigades to deploy across Baghdad's nine districts and work in concert with local police.

To help the Iraqis succeed in their mission, Bush said he has committed five

additional U.S. military brigades to Baghdad and 4,000 more troops in Anbar province, the most restive parts of Iraq. He noted that 80 percent of all violence in Iraq occurs within 30 miles of the capital city and that Anbar province has become al Qaeda's new home base.

The U.S. troops will embed with Iraqi formations and operate alongside them, helping them clear and secure neighborhoods, protect the local population and ensure they are able to provide the security Baghdad needs, he said.

Bush said military commanders who have reviewed his new plan say it ad-

See New strategy on page 5

Eighty percent drop in patronage

AAFES to close Fliegerhorst facilities

By Karl Weisel
U.S. Army Garrison
Hessen Public Affairs
Office

Army and Air Force Exchange Service officials announced in early January that several AAFES facilities would close on Hanau's Fliegerhorst Kaserne. Closings include the barber shop (closed Jan. 15), shoppette and food court on Fliegerhorst Kaserne (to be closed Feb. 15).

The closings are a result of



Photo by Dennis Johnson

Becky Potter-Thalheimer stocks the cold case at the Fliegerhorst Shoppette which will close Feb. 15.

transformation within U.S. Army Garrison Hessen and a dramatic decrease in patron-

age following the departure of several units from the Hanau area.

Citing the more than 80 percent drop in customer use at the Fliegerhorst facilities in recent months, Tom Gross, AAFES Wiesbaden/Hanau Consolidated Exchange manager, explained that AAFES is also having difficulty filling positions throughout the Hanau Community with fewer potential applicants. "We're having challenges filling jobs. When the facilities on Fliegerhorst close, we'll move those em-

ployees to other AAFES facilities and focus on those facilities that people are still using to provide the services they're used to.

"We're working very closely with the command to continue to provide services," said Gross. "We're on the transition team for Hanau and we're tied into the community's needs and desires. We'll shuffle facilities around as needed. ... We do surveys with our customers in all of our stores. All

See AAFES facilities on page 3

Hazards disguised by winter darkness

It's that time of year again when you go to work in the dark, come home in the dark, and if you are on shifts, do your job in the dark. Many hazards lurk under the cover of darkness, ready to cause a worker to fall, crash a vehicle or otherwise be injured. There are also many opportunities for unintentionally injuring bystanders and coworkers when good visibility is lacking.

Consider these hazards and how to protect yourself if you work or commute in the dark:

- * Take the time to clear the windshield and windows before you start out. Visibility is bad enough on a dark, winter morning without trying to peer through a film of frost.

- * Keep your vehicle in good operating condition, with a battery adequate to start your vehicle on a cold day. Check your head, tail and signal

lights frequently. Keep all lights clean and free of obstructions such as mud or snow.

- * Compensate for any vision limitations you may have so you can work, walk and drive safely. As you get older you need more light to see. If you wear lenses that change color according to the light, make sure they become clear enough for you to see well in low light conditions. Use anti-fog wipes to clean condensation from your glasses or goggles.

- * Make sure walkways and parking areas are lit, and report any burned out lights. Be wary of ice building up on walkways, steps and parking lots during hours of darkness. Lighting for outdoor work should be designed to prevent direct glare, reflected glare and shadows.

- * Practice good housekeeping. (Courtesy of the U.S. Army Garrison Hessen Safety Office)

Letter to the editor

After reading and rereading Alfredo Jimenez's article, "Airlift story brought to life," from your Dec. 21 edition, I felt compelled to write.

Another book which might have been of interest to the children was "A Time of Love," written by Eleanor M. Howard, the widow of Capt. William Riley Howard, who lost his life while piloting an aircraft during the airlift.

I wonder if the children in attendance know that the 32 street signs on the airfield are in remembrance of the 32 American heroes who lost their lives in airlift-related accidents.

Who knows, one of those men might have been from the general's home state or from the home state of one of the children in attendance.

Has it ever been mentioned that the city of Wiesbaden dedicated an airlift memorial outside the airfield's main gate? I believe Brig. Gen. Thomas B. Arwood assisted in the unveiling — I've not known of a memorial service that has been held at the site since.

A like tale can be said for the airlift

memorial which stands before the entrance of the former Lindsey Air Station. The last known official U.S. visitors to it were Brig. Gen. Lloyd T. Waterman and the then governor of Wisconsin, Tommy G. Thompson, in 1998.

It is amazing how a candy bar can make indelible history, but the lives of 32 American heroes are long forgotten.

[Lt. Gail] Halvorsen [the "Chocolate Pilot"] was later the commander at Tempelhof Air Base but never put up a memorial during his tenure to remember the airlift dead. Thirty or so years later I accomplished the task with the cooperation of the then base commander.

"Tell me a story." Yes, that would be a story — the U.S.'s failure to annually remember those 32 men who gave their all for this country.

Does anyone ever think what Europe would look like today had the airlift failed?

Ronald MacArthur Hirst
Wiesbaden

Retiree corner

Special pension benefit for eligible wartime vets

The Department of Veterans Affairs wants wartime veterans and surviving spouses of deceased wartime veterans to know about an under-used, special monthly pension benefit called Aid and Attendance. "Veterans have earned this benefit by their service to our nation," said Secretary of Veterans Affairs Jim Nicholson.

Although this is not a new program, not everyone is aware of his or her potential eligibility. The Aid and Attendance pension

benefit may be available to wartime veterans and surviving spouses who have in-home care or who live in nursing homes or assisted-living facilities.

Many elderly veterans and surviving spouses whose incomes are above the congressionally-mandated legal limit for a VA pension may still be eligible for the special monthly Aid and Attendance benefit if they have large medical expenses, including nursing home expenses, for which they do not receive reimbursement.

To qualify, claimants must be incapable of self

support and in need of regular personal assistance.

The basic criteria for the Aid and Attendance benefit include the inability to feed oneself, to dress and undress without assistance, or to take care of one's own bodily needs.

People who are bedridden or need help to adjust special prosthetic or orthopedic devices may also be eligible, as well as those who have a physical or mental injury or illness that requires regular assistance to protect them

from hazards or dangers in their daily environment.

For a wartime veteran or surviving spouse to qualify for this monthly pension, the veteran must have served at least 90 days of active military service, one day of which was during a period of war, and be discharged under conditions other than dishonorable.

Wartime veterans who entered active duty on or after Sept. 8, 1980, (Oct. 16, 1981, for officers) must have completed at least 24 continuous months of military service or the period for which they were ordered to active duty.

If all requirements are met, VA determines eligibility for the Aid and Attendance benefit by adjusting for unreimbursed medical expenses from the veteran's or surviving spouse's total household income.

If the remaining income amount falls below the annual income threshold for the Aid and Attendance benefit, VA pays the difference between the claimant's household income and the Aid and Attendance threshold. The Aid and Attendance income threshold for a veteran without dependents is now \$18,234 annually.

The threshold increases to \$21,615 if a veteran has one dependent, and by \$1,866 for each additional dependent.

The annual Aid and Attendance threshold for a surviving spouse alone is \$11,715. This threshold increases to \$13,976 if there is one dependent child, and by \$1,866 for each additional child.

Assistance in applying for the Aid and Attendance benefit can be obtained by calling 1-800-827-1000. Applications may be submitted online at www.vabenefits.va.gov/vonapp/main.asp. Information is also available on the Internet at www.va.gov or from any local veterans' service organization.



Herald Union masthead

The *Herald Union* is an authorized unofficial Army newspaper published under the provisions of AR 360-1 for members of the U.S. Army Garrison Hessen. Contents are not necessarily the official views of, nor endorsed by, the U.S. government or the Department of Defense. The editorial content is the responsibility of the USAG Hessen Public Affairs Office. No payment will be made for contributions. Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation or any other non-merit factor of the purchaser, user or patron. This is a biweekly publication printed by AdvantiPro. Our office is in Building 1205 on Hanau's Yorkhof Kaserne. Circulation is 10,550 copies. For commercial and classified advertising rates call Susanne Daugill at civ (0631) 3033 5537 or email suzie@advantipro.de. Address: USAG Hessen, Herald Union, Unit 20193 Box 0001, APO AE 09165-0001; Telephone: mil 323-3257; civ (06181) 180-3257; Fax: mil 323-2149, civ (06181) 180-2149; Email: 104heraldunion@104asg.army.mil; Home page: www.usaghessen.eur.army.mil.

Command and newspaper staff

USAG Hessen Commander.....Col. Herman "Tracy" Williams III
USAG Hessen Command Sergeant Major.....CSM Jose A. Fontanez
Public Affairs Officer.....Raino Scharck
Editor.....Karl Weisel (mil 323-3257)
Associate Editor.....Susan Huseman (mil 323-2134)
USAG Wiesbaden Reporter.....Cassandra Kardeke (mil 337-5772)
USAG Baumholder Reporter.....Ignacio Rubalcava (mil 485-6191)
USAG Giessen Reporter.....Alexandra Williams (mil 343-6597)
Hanau Community Reporter.....Dennis Johnson (mil 323-2137)

News flash ... News flash

Recruitment reward

Earn \$2,000 for referring someone to enlist in the Army, Army National Guard or Army Reserve. Soldiers and retirees who refer an enlistee who starts basic training and graduates from Advanced Individual Training or One Station Unit Training are eligible. Visit <https://www.usarec.army.mil/smart> for details.

Culinary team

The following individuals were selected to represent the Installation Management Command-Europe at the 32nd annual U.S. Army Culinary Arts Competition to be held in Fort Lee, Va. in March: **Master Sgt. Benedict Tesoro**, 18th Engineer Brigade; **Sgt. 1st Class Eric E. Jenkins**, 29th Support Group; **Staff Sgt. Neil Montevirgen**, Headquarters and Headquarters Company, U.S. Army Europe; **Sgt. Wendy Jenkins**, 23rd Ordnance; **Sgt. Terry Johnson**, 529th Military Police Company; **Sgt. Alicia Hight**, 47th Forward Support Battalion; **Spc. Leia Heeter**, 5th Quartermaster Company; **Spc. Rodriguez Bracey**, 123rd Main Support Battalion; **Pvt. 2 Jasmine Moore**, 21st Training Support Center; **Sgt. Calvin Anglin**, HHC, 7th Corps Support Group; **Sgt. John Lloyd**, 5th Battalion, 158th Aviation; **Pfc. Kristian Clay**, HHC, Wiesbaden Army Airfield; and **Pfc. Welton Wilson**, HHC, 1st Battalion, 35th Armor Regiment. Six individuals were selected as alternates and will attend the Army-wide competition if a team member is not able to: **William Wilkins**, U.S. Army Garrison Stuttgart Directorate Of Logistics; **Sgt. 1st Class Suzanne Downing**, 130th Engineers; **Sgt. Jeffrey Adams**, 554th MP Co.; **Spc. Jeff LaChappell**, OCG HQ USAREUR; **Pfc. Trisha Janes**, 21st TSC; and **Spc. Deekeya Byrd**, HHC, 1st Armored Division.

New MWR website

The U.S. Army Garrison Hessen Marketing Division's enhanced website offers the latest information on Morale Welfare and Recreation programs, travel tips and more. Besides regular giveaways the site also features a conversion calculator and links to resources. Visit www.armygermany.com.



Saluting Angels

The Saluting Angels in Europe (formerly Soldiers' Angels) website features "Happy New Year greetings for the U.S. troops" from people around the world. The site also features a photo gallery of images from Soldiers' Angels' support of wounded warriors at Landstuhl Army Medical Center. Visit http://darkblueworld.info/soldiers_angels_europe for more information. (Courtesy of *Wilhelmine Aufmkolk*)

Soldier charged with manslaughter

The Volusia County (Florida) Sheriff's Department has charged Spc. Sean Page, age 20, of Baumholder's 1st Battalion, 35th Armor Regiment, with manslaughter in connection with a shooting death of a U.S. civilian Dec. 31. John Debella Jr. was allegedly accidentally shot dead while Page was on leave in the United States. (1st Armored Division Public Affairs)

New AAFES catalog

The Army and Air Force Exchange Service released its new 2007 Name Brand Supplement catalog this month. The 30-page catalog features top-brand electronics, sporting goods, giftware, toys and more, along with a 10-percent off offer. The supplement is available at all main stores and online at www.aafes.com. (AAFES Corporate Communications)

Product safety recalls

The Consumer Product Safety Commission announced the recall of Children's Mood and Diva Necklaces sold by children's, dollar and discount

stores nationwide from September 2004 to November 2006 for about \$1. Other recently recalled items include BabyBjorn Feeding Spoons made by BabySwede LLC, Dewalt Model DW660 Cut-Out Tools and Dewalt DC305 Reciprocating Saws. Visit the CPSC website at www.cpsc.gov for recall information on these and other recalled products. (CPSC Releases)

Heart attack victim

Sgt. 1st Class Derrick K. Brent, age 42, of Headquarters and Headquarters Company, 1st Armored Division, was pronounced dead at 2 p.m. Jan. 3 at a Wiesbaden hospital following a heart attack in Hainerberg Housing. Brent is survived by his wife and three children. (1st AD Public Affairs)

South Dakota veterans bonus

South Dakota is paying a veterans bonus of up to \$500 to certain military personnel who were legal residents of the state for no less than six months immediately before entering the armed forces and who are currently on active duty or were honorably discharged and served during the following period — Jan. 1, 1993 through Sept. 10, 2001 (served overseas and were awarded the Armed Forces Expeditionary medal, Southwest Asia Service medal, Kosovo campaign medal or any other U.S. campaign or service medal awarded for participation in combat operations against hostile forces). All active duty service from Sept. 11, 2001, through a date to be determined also qualifies for a bonus payment. The program also covers active duty service during Desert Storm dates of Aug. 2, 1990, through Dec. 31, 1992, for those who did not receive payment during this period. Write to SD Veterans Bonus, 500 E. Capitol, Pierre, SD 57501 or email john.fette@state.sd.us for more information. (Information courtesy of AKO)

Maintaining information security It's everyone's job

By **Gerry J. Gilmore**
American Forces Press Service

Safeguarding and protecting computer-accessed information is the job of everyone working for the Defense Department, a senior DoD official said.

"It's the responsibility for everyone to be sensitive to the security of their information, their passwords, the use of their (common access) cards to protect the information that they wish to convey or they are receiving from someone," said John G. Grimes, assistant secretary of defense for networks and information integration and DoD's chief information officer.

The Defense Department is constantly under surveillance by potential enemies interested in accessing DoD systems to obtain sensitive information, Grimes said during a Pentagon Channel interview.

A major effort is under way with the National Security Agency to introduce new and improved information technology security measures across DoD's computer networks, Grimes said.

Joint Task Force Global Network Operations works with U.S.

Strategic Command to monitor the military's global information operations network for vulnerabilities, he said. The task force would also work to identify the culprits "if there's an event that's happened and someone has penetrated your (computer information) networks," Grimes said.

Continual evolution of information technology drives the demand for new systems that increase network capabilities, he said. This incessant upgrading involves land-based IT systems as well as satellite delivery networks. "It's refreshed; it's upgraded because the technology is changing," he said.

Maintaining information security is a continuing process, much like the "Check It" campaign that seeks across-the-board improvements in the way the Defense Department conducts its daily business. Deputy Defense Secretary Gordon England launched the program July 28.

"If you check things, then what should happen, will happen," England said at the "Check It" kick-off at the Pentagon. "It's what we want to do every day in the jobs we do."



Photo by Dennis Johnson

Sylvia Rios serves Spc. Jennifer Radler lunch at the American Eatery on Fliegerhorst Kaserne. The eatery is slated to close Feb. 15, following an 80 percent drop in use.

AAFES facilities

Continued from page 1
of our customers have said they prefer one-stop shopping.

Gross said he and fellow AAFES managers will work closely with the Hanau Com-

munity to ensure customers are kept abreast of changes through ongoing transformation and that their needs are addressed during the reduction of forces in USAG Hessen.

Saving for the future

More service members encouraged to take advantage of Thrift Savings Plan

By Sgt. Sara Wood
American Forces Press
Service

More service members should take advantage of the Thrift Savings Plan, according to the military officer in charge of the Armed Forces Tax Council.



TSP, a retirement savings plan for service members and civilian federal employees, now draws participation from about half of the military, said Maj. John Johnson, director of the Armed Forces Tax Council.

"Certainly we'd like to see that participation rate go up, because it's a great benefit," Johnson said. "It's important that everyone obviously be saving for their retirement in the first place, and if you're going to be saving, the first place you want to put it in tax-deferred or tax-exempt retirement accounts."

TSP is a tax-deferred fund, which means money contributed to the account is deducted from the person's taxable income, and the money in the fund isn't taxed until it is withdrawn at retirement. This represents a significant savings over the years, Johnson explained.

"If you weren't in the TSP or another tax-deferred account every year the income in that fund (would) get taxed," he said. "If you look over your whole 40-year career, generally speaking, you're going to pick up a couple hundred thousand dollars by contributing to a tax-deferred account as opposed to a taxed account."

As of this year, military members are unlimited in the amount they can contribute to TSP, Johnson said. When the

program was first made available to service members in 2000, they could only contribute up to 5 percent of their income. Now the only limit is the Internal Revenue Service's \$15,000 per-year limit on contributions to tax-deferred accounts, he said. He noted that most military members won't come close to that limit if they contribute 5 or 10 percent of their income to TSP.

Deployed troops have different limits in TSP, Johnson said. Because their income is tax-exempt and the IRS has a separate limit for that category, they can contribute up to \$44,000 per year, he said.

As another benefit to service members, the Army is testing a program where the service matches Soldiers' contributions to TSP, Johnson said. This program only applies to new enlistees who fill critical specialties. The Army will match 5 percent of the pay the Soldier contributes to TSP; the first 3 percent will be matched dollar for dollar, and the next 2 percent matched 50 cents on the dollar, he said.

Even for troops who have been in a while and won't get their contributions matched, TSP is a good idea, Johnson said. A major benefit of the program is that the expenses on the accounts are very low — about one-tenth of the average private mutual fund. The

money that in the private sector would be used to manage the fund, buy stocks and pay other fees goes straight to the service member's bottom line in TSP, he said.

"You'll have a hard time beating TSP," he said.

TSP is not like a savings account, Johnson emphasized, and the money contributed to it should be money that people aren't going to need soon. However, TSP does have a loan program for situations such as a first home purchase, where participants can borrow money from their own account and then pay it back at a market interest rate.

After leaving the military, service members cannot continue contributing to TSP unless they take a federal job, Johnson said. They can leave their money in TSP, though, and continue to draw returns on it. The money in TSP can also be rolled over to another individual retirement account, he said.

TSP is a great benefit that is overlooked by a lot of military members, Johnson said. Those who can contribute should, and those who can't contribute should seriously evaluate their financial situation and look at how they are preparing for the future, he said.

"You need to get yourself in a position where you can save, and then we just think that the TSP is a great option to put that savings," he said.

Service members can sign up for TSP online at www.tsp.gov, Johnson said. This website offers all the tools troops need to get started in the program and manage their accounts.

Recruiting team to visit Baumholder, Hanau

Representatives of the Orion International recruitment firm will make one to two-hour presentations at the Army Career and Alumni Program offices in Baumholder Feb. 15 and Hanau Feb. 16

from 10 a.m. to noon.

After the presentation, the Orion representatives will conduct 30-minute, one-on-one interviews with potential job applicants from 1-5 p.m.

Orion's training, counsel-

ing, information and placement services are free of charge.

To schedule a one-on-one interview with one of the representatives visit Orion's website at www.orioninternational.com.

USAG Hessen blotter

Compiled by the U.S. Army Garrison Hessen
Directorate of Emergency Services

Dec. 21

Wiesbaden: A Soldier was charged with rape, forced sodomy and housebreaking after the subject and an unidentified Soldier escorted a female Soldier to her barracks room. Later the subject entered the victim's room, allegedly raped her and left.

Dec. 22

Hanau: A family member was charged with wrongful possession and use of marijuana and civilian misconduct after the subject stated to Military Police and German medics that he had used marijuana.

Dec. 23

Hanau: A Soldier was charged with aggravated assault — with a boxer's fist and aggravated assault — by kicking after investigation determined the subject was involved in a physical altercation with another Soldier.

Dec. 24

Wiesbaden: A Soldier was charged with owning an unregistered vehicle and failure to obey a general order after Military Police observed the subject's car with an expired registration decal.

Dec. 26

Wiesbaden: An officer was charged with traffic accident/improper backing after the officer, while operating a privately owned vehicle, struck a car.

Dec. 27

Baumholder: A Soldier was charged with forgery of traveler's checks and larceny of private funds after the subject forged and cashed 14 travelers' checks totaling approximately \$7,000.

Dec. 28

Hanau: An NCO was charged with failure to obey a lawful order and cruelty of subordinates after the NCO asked a Soldier if he could take photographs of her in the nude. The NCO then proceeded to show the Soldier various nude photographs that he had taken of other female Soldiers.

Dec. 29

Baumholder: A Soldier was charged with being drunk on duty after he failed a command directed intoxilyzer test.

Dec. 30

Baumholder: An NCO was charged with traffic accident with damage to private property and traffic accident/failure to judge proper distance after the NCO backed out of a parking space and struck a car.

Dec. 31

Hanau: A Soldier was charged with owning an unregistered vehicle after an investigation found the Soldier's car had an expired registration sticker.

Jan. 1

Giessen: A Soldier was charged with drunken operation of a vehicle, traffic accident with damage to private property and failure to maintain control after the Soldier, collided with a road marker while driving. The subject failed an intoxilyzer test.

Jan. 2

Giessen: A Soldier was charged with traffic accident with damage to government and private property and improper backing after the Soldier, while driving, hit a light pole.

Jan. 4

Hanau: An NCO was charged with traffic accident with damage to private property and speed excessive for road conditions after the NCO struck another car.

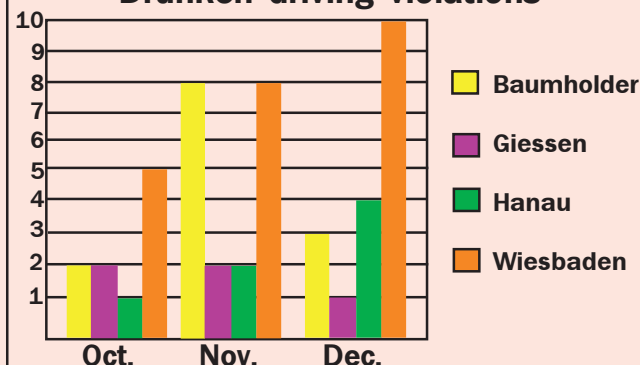
Jan. 5

Wiesbaden: An NCO was charged with owning an unregistered, uninsured car and failure to obey a general order after Military Police observed the subject's car with an expired registration decal.

Jan. 6

Wiesbaden: A family member was charged with shoplifting and civilian misconduct after she was observed putting a 50 percent off sticker on an item priced at \$51, paying \$25.50 and leaving the store.

Drunken driving violations



New strategy

Continued from page 1
dresses the two principal reasons past efforts to secure Baghdad failed.

"Here are the differences," the president said. "In earlier operations, Iraqi and American forces cleared many neighborhoods of terrorists and insurgents, but when our forces moved on to other targets, the killers returned. This time, we will have the force levels we need to hold the areas that have been cleared."

Bush also said political and sectarian interference during past operations prevented Iraqi and American forces from going into neighborhoods that are home to the people fueling sectarian violence. "This time, Iraqi and American forces will have a green light to enter these neighborhoods, and Prime Minister (Nouri al-) Maliki has pledged that political or sectarian interference will not be tolerated," he said.

Ultimately, Bush said, "only the Iraqis can end the sectarian violence and secure their people." But, he added, the Iraqi government has an aggressive plan to accomplish that.

The president said bumping up the U.S. troop presence now will help the Iraqis succeed. "If we increase our support at this crucial moment and help the Iraqis break the current cycle of violence, we can hasten the day our troops begin coming home," he said.

Bush said he has made it clear to Maliki that the U.S. commitment is not open-ended and that his government must step up to the plate. "If the Iraqi government does not follow through on its promises, it will lose the support of the American people, and it will lose the support of the Iraqi people," the president said. "Now is the time to act. The prime minister understands this."

Bush cautioned that the new strategy won't bring an immediate end to violence. "Our enemies in Iraq will make every effort to ensure that our television screens are filled

with images of death and suffering," he said. "Yet overtime, we can expect to see Iraqi troops chasing down murderers, fewer brazen acts of terror, and growing trust and cooperation from Baghdad's residents."

When that happens, Iraqis will gain confidence in their leaders, and the government will be able to make progress in other critical areas, he said. "Most of Iraq's Sunni and Shia want to live together in peace," the president said. "And reducing the violence in Baghdad will help make reconciliation possible."

Bush emphasized that a successful strategy for Iraq goes beyond military operations. "Ordinary Iraqi citizens must see that military operations are accompanied by visible improvements in their neighborhoods and communities," he said. "So America will hold the Iraqi government to the benchmarks it has announced."

These benchmarks include the Iraqi government:

- ◆ Taking responsibility for security in all of Iraq's provinces by November;

- ◆ Passing legislation to share oil revenues among all Iraqis, giving every Iraqi citizen a stake in the country's economy;

- ◆ Spending \$10 billion of its own money on reconstruction and infrastructure projects that create new jobs;

- ◆ Holding local provincial elections later this year to empower local leaders; and

- ◆ Reforming de-Baathification laws to allow more Iraqis to reenter political life and establish a fair process for considering amendments to Iraq's constitution.

The United States will change its approach to help the Iraqi government as it works to meet these benchmarks, the president said. It will:

- ◆ Embed more U.S. advisers in Iraqi army units and partner a coalition brigade with every Iraqi army division;

- ◆ Help the Iraqis build a larger and better-equipped army and accelerate the training of Iraqi forces;

- ◆ Give U.S. commanders and civilians greater flexibility to spend funds for economic

assistance;

- ◆ Double the number of provincial reconstruction teams that help local Iraqi communities pursue reconciliation, strengthen moderates and speed the transition to self-reliance; and

- ◆ Appoint a reconstruction coordinator in Baghdad to ensure better results for economic assistance being spent in Iraq.

As the United States makes these changes, the president said, it will continue to pursue terrorists seeking to establish a new safe haven in Iraq. "America's men and women in uniform took away al Qaeda's safe haven in Afghanistan, and we will not allow them to re-establish it in Iraq," he said.

Confronting Iran, Syria

Part of this effort is confronting Iran and Syria, which Bush said allow terrorists and insurgents to use their territory to move in and out of Iraq, and generating support for Iraq's success among its regional neighbors.

Bush said he's confident that the new strategy will help

put Iraq on the path for victory. That victory, he said, "will bring something new in the Arab world: a functioning democracy that polices its territory, upholds the rule of law, respects fundamental human liberties and answers to its people."

A democratic Iraq won't be perfect, Bush said, "but it will be a country that fights terrorists instead of harboring them, and it will help bring a future of peace and security for our children and grandchildren."

Bush said the struggle taking place in Iraq "will determine the direction of the global war on terror and our safety here at home."

"The challenge playing out across the broader Middle East is more than a military conflict," he said. "It is the decisive ideological struggle of our time."

"In the long run," he added, "the most realistic way to protect the American people is to provide a hopeful alternative to the hateful ideology of the enemy by advancing liberty across a troubled region."



P&G brand SAVER
Prices Effective 1/16/07 - 2/15/07

SAVER COUPON SAVINGS OVER **\$55**
On Sale NOW
at your local commissary!

COMMISSARY SPECIALS

Sale Price \$3.50
DOWNY® SIMPLE PLEASURES™
Liquid Fabric Softener
Water Lily & Jasmine or
Vanilla & Lavender, 52-use

Sale Price \$7.50
Manager's Special
On Sale 2/1 - 2/7
LUVS® Mega Ultra Leakguards® Diapers
Size 1, 86 ct., Size 2, 74 ct.,
Size 3, 60 ct., Size 4, 52 ct.,
Size 5, 46 ct. or Size 6, 40 ct.

Sale Price \$5.41
CHARMIN® Bathroom Tissue, 6-roll
Mega Roll, 704 ct., 528 sq. ft. or
Ultra Mega Roll, 400 ct., 300 sq. ft.

Sale Price \$3.00
BOUNCE® Fabric Softener Sheets
Outdoor Fresh Scent, Spring Awakening, Fresh
Linen or Fragrance Free, 80 ct.

Sale Price \$10.00
TIDE® Liquid Laundry Detergent, 200 oz.
Mountain Spring with Bleach Alternative,
Cold Water with Mountain Spring Scent,
Cold Water with Fresh Scent, Spring Clean or
Regular with Bleach Alternative, 52-use
or Mountain Spring, 64-use
PRICES EFFECTIVE: 1/25/07 - 2/7/07

Sale Price \$2.00
FEBREZE® AIR EFFECTS® Air Refresher
Meadows & Rain, Spring & Renewal,
Summer & Splash, Citrus & Light,
Blossoms & Breeze, Linen & Sky,
Apple Spice & Delight, Vanilla or
Fresh Snow & Evergreen, 9.7 oz.

February is Dental Health Month!
Check out more about dental care at www.crest.com!

Sale Price \$13.00
CREST® WHITESTRIPS®
14 Day Dental
Whitening Formula
56 strips: 28 for upper teeth
& 28 for lower teeth
MANAGER'S SPECIAL: ON SALE 2/1/07 - 2/7/07

Sale Price \$2.00
SCOPE® Mouthwash
Original Mint, 16.9 oz.

All products may not be available in all stores. *Sale dates may vary in overseas locations.

Hanau schools merge for success

By Karl Weisel

U.S. Army Garrison Hessen
Public Affairs Office

When plans were announced to merge the Hanau Middle and High Schools last school year, some parents and students expressed concerns about the consolidation.

With the 2006/2007 school year in full swing, students, parents and administrators are praising the shift to a combined sixth through 12th-grade educational environment.

"It's been a very smooth transition," said Cristina Echevarria, school principal. "The staff that I have offers a very diverse program. I'm very grateful that we have so many teachers with so many different certifications.

"We were given a challenge last year," said Echevarria, emphasizing that in line with the Department of Defense Education Activity motto "Success is in our hands," teachers, parents and administrators worked closely together to ensure all Hanau Middle High School students are provided with a rich curriculum, a safe school environment and opportunities to excel.

"The only real concern we had from the beginning was trying to maintain the sixth-graders away from the high-schoolers, and we've done that," she said. "Our other concern was maintaining our diverse programming. Now the seventh- and eighth-graders can participate in high school programs. ... The merger has enhanced the overall quality of the after-school and core classes. ... Everybody has good things to say about the school."

"I was a little concerned about students moving back and forth between the two schools," said Martha Duncan, assistant principal at Hanau Middle High and former Hanau Middle School assistant principal. Thanks to cameras installed in the school and close supervision there have been no problems. "Our kids are very flexible and responsible."

"The students are really close, family wise," said Aaron Ellison, a Hanau senior and representative of the school's Student 2 Student program. "In larger schools people tend to go their



Photo by Dennis Johnson

Eighth-graders from the Obertshausen Hermann-Hesse Real Schule visit host nation teacher Johanna Keil's class at Hanau Middle High School Dec. 11.

own way, but here everybody knows everybody by name. Everyone's pretty laid back. We work pretty much as a team."

One of the concerns last year was that younger students might feel overwhelmed mingling with the older youths. In fact, the middle-schoolers have inspired their older peers and brought several new programs to the school.

"Some of the high school students didn't look forward to the merger," said Logan Peter, student government president. "But the middle school students really seem to like it a lot and have been very enthusiastic."

That enthusiasm translated into the younger students winning the "Spirit Stick" during the school's Spirit Week in the fall. "At our first pep rally you could really see the school pride," said Lewella Fuhrmann, School Advisory Committee president. "It really made it feel like one school."

"That enthusiasm rubs off on the older students," said Echevarria. "The middle school students contribute a lot. They love doing things such as working on the yearbook."

High school students also now have a drama club thanks to a middle school program, said Peter.

The middle-schoolers have also enjoyed taking part in the school's various sports programs and have contributed to the overall number of players for the school's teams.

Students must have a 2.0

average to participate in school athletic programs.

"The coaches and teachers work really hard with those students who are borderline," said Fuhrmann.

Where in the past students could "take it or leave it" when it came to seeking academic assistance, said Echevarria, this year they really have sought the help knowing that it determines whether they can play sports or continue on their education after high school.

"At the beginning of the school year parents were confused about the merger. But we tried to be real proactive in getting the information out to them," said Fuhrmann.

Parents are encouraged to contact the school if they have any questions or concerns, or simply want to play a role in their children's education, she said. "The more parents we have involved in our school, the better the students do."

"What we've seen is more constant communication among the staff," said Echevarria, "ensuring the safety of the students, the building and staff."

While the current enrollment is 337 students, Echevarria said she anticipates a decrease by the end of the school year. "We expect to have a population in the low to mid 200s by next school year. We'll have smaller class sizes and programming will be tougher, but we'll continue to offer high school Advanced Placement courses and other programs.

"It will be challenging, but the requirements have to be met," she said.

School bits

Special Olympics volunteers needed

The Kaiserslautern Special Olympics Spring Games will be held May 2 in Enkenbach. More than 1,200 volunteers are needed to serve as buddies or on event teams. Minimum age is 15. To sign up or for more information contact Larry Zani at larry_zani@compuserve.com.

Aukamm Elementary School events

Aukamm Elementary School Parent Teacher Association hosts a **family bingo night** Jan. 25 at 5:30 p.m. in the multipurpose room. An **honor roll assembly** will be held Jan. 31 at 2 p.m. **Groundhog Job Shadow Day** is Feb. 2.

Geography bee finalists

Congratulations to Argonner Elementary School Geography Bee finalists Justin Alhers, James McCarthy, Makayla Finch, Josh Harlan, Megan Glodowske, Ben Pico, Jack Maccagnan, Ashley Kutac, Sarah Brown and LeAndrea Robinson.

Wetzel Elementary School SAC meeting

Wetzel Elementary School's School Advisory Committee meets Jan. 30 at 2:15 p.m. in the Information Center.

High school art contest

The SemperComm Foundation art contest is open to all U.S. high school students. Categories include photography, illustration and mixed media. All entries must be matted and cannot be larger than 24 square inches and must be received by March 7. Winners, along with two parents or guardians, will be invited to attend the 2007 SemperComm Gala on May 10, 2007 in Arlington, Va. Rules and forms can be found at www.sempercomm.org.

Day off in Hanau

The Hanau Middle High School has a staff development day scheduled for Feb.

5. There will be no school for students.

Scholarship opportunity

The Delta Sigma Theta Sorority offers scholarships for graduating high school seniors at DoDDS schools in Germany. Applications can be downloaded at www.dstger.org/html/scholarships.htm or www.dstger.org/doc/delta07applic.doc. They must be postmarked by March 10. For other scholarship opportunities visit <https://204.218.241.60/scholars.nsf>.

Giessen Elementary School planning day

Feb. 7 is a kindergarten planning day and there will be no school for kindergartners.

Take the survey

Parents of students in grades four to 12 are invited to take part in the DoDEA Customer Satisfaction Survey through Feb. 28. Log on to www.dodea.edu and click on the 2006 customer satisfaction survey link.

School holidays

Jan. 26 is a teacher work day and there will be no school for students. Other school holidays include Jan. 15, Dr. Martin Luther King Jr. Day, and Feb. 19, President's Day.

After-school tutors needed

Baumholder American Middle High School's after-school tutoring program seeks volunteer tutors in all subjects for after school tutoring from 3-4 p.m. Email Heidi.Kretz@eu.dodea.edu for details.

Commissary scholarships

Students can apply for \$1,500 Defense Commissary Agency scholarships through Feb. 21. The program is open to children of military active duty, retired, Guard and Reserve members. Applications can be downloaded at www.commissaries.com; www.militaryscholar.org or www.dodea.edu.

Want to make a change?

Army Family Action Plan Conference set for Jan. 31 to Feb. 1; volunteers still sought

By Cassandra Kardeke
U.S. Army Garrison Wiesbaden
Public Affairs Office

For the past 23 years, Army installations worldwide have held annual conferences in order to hear directly from Soldiers, civilians, retirees and their family members just what works and what doesn't work in Army life.

These issues are brought to the attention of local leadership and some are even forwarded to the Department of the Army for action to change. This is known as the Army Family Action Plan Conference.

"The Army Family Action Plan allows every sector of the military to have a voice in raising quality well-being concerns to leadership, and gives a chance for the people to suggest what they think might resolve a problem," said Frederica Norman, U.S. Army Garrison Wiesbaden's AFAP coordinator.

The AFAP conference for

the Wiesbaden, Dexheim and Wackernheim communities will be held Jan. 31 to Feb. 1 at the Wiesbaden Army Airfield Community Activity Center.

"It alerts commanders and Army leaders to areas of concern that need attention and gives them the opportunity to quickly put plans into place to work toward resolving the issues," Norman said.

Any person in the community can submit an issue for the conference.

Drop off boxes are located at the Wiesbaden and Dexheim Army Community Service offices, child development centers, the Wiesbaden Commissary, and the library, post office, fitness center and dining facility at Wiesbaden Army Airfield. The issues are sorted by category before the conference and then left to delegates to determine the top three issues of their work group.

"This year we even have a new addition of a youth conference," Norman said. Youth

delegates will meet at the Youth Center in Hainerberg Housing Jan. 30 to discuss issues raised by teens throughout the communities.

Because of AFAP, 97 changes have been made to legislation, 140 policies or regulations have been revised and 157 programs and services have been improved at DA level. These include

the increase of Servicemembers' Group Life Insurance to \$200,000 from \$50,000; an increase in Basic Allowance for Housing; authorization for active duty military to participate in the Thrift

Savings Plan, an increase in Family Separation Allowance and the addition of programs such as Army Family Team Building and Better Opportunities for Single Soldiers.

"We've had several great



Photo by Kelly Deichert

A delegate reviews issues and resolutions during the 2006 AFAP conference. Delegates are still needed for this year's event.

issues from past AFAP conferences — many of which can be handled here at the local level while others are forwarded to higher headquarters and even DA level," said Lt. Col. Timothy Wulff, Wiesbaden Garrison commander.

Although discussing issues and finding resolutions is what makes an AFAP conference, the key to ensuring a successful conference are the volunteers who help make it happen.

"We need volunteers to help set up the conference and work as delegates. This is a perfect time to really get involved with the community and become familiar with several of our programs," said Vicki Sweet, Army Volunteer Corps coordinator.

For more information on the Army Family Action Plan go to www.wiesbaden.army.mil/sites/mwr/army_family_action_plan.asp.

To volunteer for this year's conference call mil 335-5234 or civ (0611) 408-0234.

Army Family Action Plan Issue Form

Do you have an issue or suggestion of how something can be done better? Complete this form and submit it in one of the many AFAP issue boxes located throughout the community.

Please circle your status: Active Duty Civilian Family Member Retiree

What is your issue?

Scope (detailed explanation):

Recommendation (suggested solution):

Community news notes

Super Bowl party

Wiesbaden and Dexheim Bowling Centers host a Super Bowl party Feb. 4 starting at 10 p.m. Tickets are \$10 per person and include 3 games, shoe rental and meal. Kids are welcome too, including sleeping bags and pillows. Reservations are required. Call mil 335-5238 or civ (0611) 408-0238 for tickets by Feb. 2.

Gas pump closure

Due to maintenance, the gas pumps at the Hainerberg Shoppette will not be available Jan. 22-26. Customers can pump gas at the Mainz-Kastel Storage Station gas station from 7 a.m. to 8 p.m. Monday through Friday, 8 a.m. to 7 p.m. Saturday and 10 a.m. to 5 p.m. Sunday. As soon as the maintenance and environmental inspection is completed, the Hainerberg gas pumps will be available.

Fitness instructor workshop

The Wiesbaden Fitness Center offers a "Designing Children's Fitness Programs" workshop Feb. 22 from 1-4 p.m. The workshop addresses concerns about increasing weight and decreasing activity levels of American children. Participants will receive certification and college credit. Course costs \$65. For more information or to register call 337-5541 or send email to teia.scott@104asg.mwr.army.mil.

New hours at ACS

Dexheim Army Community Service is now open from 8 a.m. to 5 p.m.

Discipline class

The Family Advocacy Program offers a new class, "A Guide to Discipline." Learn how discipline and parenting go hand-in-hand and how to empower and guide children who will one day be adults with families of their own. Call mil 335-5254 or civ (0611) 408-0254 for details.

Commissary offers scholarships

The Defense Commissary Agency is now accepting applications for the 2007 Scholarship for Military Children Program. Applications are available at www.militaryscholar.org or www.commissaries.com. Students can also stop by their local commissary.

Respite care providers needed

Army Community Service seeks emergency placement care and respite care providers for the Wiesbaden and Dexheim communities. Call mil 335-5254/5234 or civ (0611) 408-0254/0234 for more information.

Dental assistants

Become a certified dental assistant through the Wiesbaden American Red Cross. Applications are now

Tax Center opens

Tax season is a highly anticipated part of the year — especially for those people who spent a lot during the holidays and are looking forward to a large tax return.

The Wiesbaden Tax Center, which opened Jan. 16, is located on the second floor in Building 1046 next to the barber shop on Wiesbaden Army Airfield. The tax center offers services to all U.S. IDcardholders by appointment or on



a walk-in basis. The Tax Center is open Monday to Friday from 9 a.m. to noon and 1-5 p.m.

Customers should arrive 15 minutes before a scheduled appointment to complete an inprocessing worksheet, said Capt. David Collver, director.

For more information or to make an appointment call mil 337-4755 or civ (0611) 705-4755.

being accepted for their next Dental Assistant Program which will begin early this year. Applications can be picked up at the Red Cross office in Building 1023E, Room 313. Call mil 337-1760 or civ (0611) 705-1760.

Scholarship deadline

Applications for the Wiesbaden Community Spouses Club Scholarship Program will be accepted through March 1 for seniors at Wiesbaden High School and spouses and family members continuing their education. Applications can be picked up at the Wiesbaden and Dexheim education centers, Wiesbaden and Dexheim community libraries, Army Community Service and at the high school.

Chinese buffet

Enjoy a dining out experience with the Kontakt German-American friendship club Jan. 19 at a Chinese restaurant offering a buffet for €10.90 per person. For more information or to sign up call civ (0160) 655 5976.

Christian playgroup

Little Lambs is a chapel-sponsored, Christian interfaith playgroup designed as an interactive playtime for the parent and child. Little Lambs meet on Tuesday from 10-11:30 a.m. at the Hainerberg Chapel Annex. For more information call civ (06128) 480-944 or (0611) 724-3858.

Salsa lessons

The Wiesbaden Fitness

Center now offers salsa lessons. Have a great time while learning the hottest Latin moves. Call mil 337-5541 or civ (0611) 705-5541.

Scholarship application workshops

Child and Youth Services offers scholarship application assistance from 7-8:30 p.m. Jan. 22, Feb. 5 and 19. Call mil 335-5592 or civ (0611) 408-0592 for more information.

Jobs offered


Dexheim Child and Youth Services seeks three Child and Youth Program assistants. For more information call mil 337-5272 or civ (0611) 705-5272.

Members wanted

The Dexheim Community Club seeks new members. Send email to valhalla430@yahoo.com for application forms. There are many events planned for the coming year. The Dexheim Community Club is a non-profit organization promoting events for the Dexheim community.

Stress reduction

Wiesbaden Fitness Center offers Stress Reduction classes every Friday from 11:45 a.m. to 12:30 p.m. The class offers meditation, guided relaxation and breathing techniques to help create a healthier lifestyle. For more information call mil 337-5541 or civ (0611) 705-5541.



BENZ & BEAMERS

QUALITY PRE-OWNED CARS

YOUR satisfaction is OUR responsibility.

German Engineering, AMERICAN SERVICE.



Office hours: 10.00-19.00



- TOP QUALITY PRE-OWNED GERMAN OWNED GERMAN SPECS. BMW'S.
- NO SALES TAXES.
- TWO YEAR WARRANTY INCLUDING USAREUR INSPECTIONS.
- GUARANTEED IN-HOUSE FINANCING. REGARDLESS OF CREDIT.
- 3, 5, AND 7 SERIES BMW'S FROM \$2500 TO \$5500.
- ALL PRICES IN DOLLARS.
- ALL MODELS AVAILABLE
- HASSLE FREE ONE STOP FOR CAR BUYING, INSURANCE AND REGISTRATION

New York St. 17, 65189 Wiesbaden, Mobil 0178 - 269 2369, Office 0611-732-2747, e-mail: benz-beamers@t-online.de

Mighty Main military ball proclaimed success

The 123rd Main Support Battalion in Dexheim held its annual Mighty Main military ball during the Christmas holidays at the Hilton Hotel in Mainz.

"The amount of hours that goes into the preparation and planning for an event such as this is tremendous," said 1st Lt. Benjamin Lazo, 123rd MSB missile platoon commander.

The S-1 of the battalion, 1st Lt. Gabriela Loyola, along with other officer and enlisted representatives from each company, collaborated for more than two months to plan this massive event. To ensure success each company representative was assigned multiple tasks to accomplish.

"Formal events such as these are seen by both the unit and the public, and therefore are held with great importance," said Lazo.

Lt. Col. Dale Critzer, 123rd MSB commander, and Maj. Edwin Torres, 123rd MSB executive of-

ficer, conveyed the importance of this event to the battalion's leaders. This was a chance for the U.S. military to shine and an opportunity for members of the German community to see Soldiers in a more elegant setting, they said.

German mayors and dignitaries from around the Dexheim region were invited. One of the event's purposes was to create a deeper understanding and appreciation for each other's cultures, Lazo said. It is yet another way in which the Army interacts with its counterparts in the neighboring communities.

"The night was magical and went off without a hitch," said Lazo. Americans and Germans alike enjoyed the evening.

"I enjoyed the slide show and the overall classiness of the event," said Spc. Joseph Neck, Company D, 123rd MSB. "Things seemed to go very well."

Guest speaker Col. Guy C. Beougher, commander

of Division Support Command, 1st Armored Division, spoke about the U.S. Army's "greatest generation" of the World War 2 era and explained similarities of the current Army generation. "Just as the Pearl Harbor generation fought and stood firm for righteousness and accomplished many great undertakings, so has this generation," he said. Neck said he felt strongly the current generation would accomplish such things as defeating terrorism, landing on Mars and finding cures for cancer and AIDS.

The ball ran late into the night and included such activities as company-led skits, a year-in-review movie produced by Spc. Brandon Holko, Company B, 123rd MSB, dinner, professional photos and dancing.

"Many hours of effort and planning all came together as the night became an obvious success for the battalion, and we all look forward to December 2007," said Lazo. *(Courtesy of the 123rd Main Support Battalion)*

Healthy Weight Week celebrates healthy lifestyles

by Norma Suarez
Public Health Nursing, Tripler
Army Medical Center

Healthy Weight Week is an annual, national observance that focuses on the importance of maintaining a healthy weight. Healthy Weight Week 2007 is Jan. 21-27.

This emphasis is especially important at a time when more Americans are overweight than ever before.

According to the U.S. Surgeon General's Call to Action to Prevent and Decrease Overweight and Obesity, approximately 300,000 adult deaths in the United States each year are associated with being overweight or obese and are attributed to unhealthy dietary habits and sedentary behavior.

A healthy weight is different for everyone and is based on factors such as genes, food

intake and level of physical activity. Therefore, having one ideal weight that is suitable for all is not possible. Healthy weight is more than just weight loss. It includes a healthy lifestyle, such as good eating habits, good nutrition and daily physical activity. Good eating habits and nutrition imply eating three meals and one or two snacks a day at regular times and in moderation. It also means choosing a variety of foods.

The National Institutes of Health define obesity and overweight in adults using a Body Mass Index. An overweight adult is defined as one with a BMI between 25 and 29.9, while an obese adult has a BMI of 30 or higher.

The risk of death, although modest until a BMI of 30 is reached, increases with an increasing BMI. Obese adults have a 50 to 100 percent increased risk of premature death

compared to adults with a BMI of 20 to 25. But even weight in excess of 10 to 20 pounds for a person of average height increases the risk of death, particularly among adults aged 30 to 64 years.

Efforts to maintain a healthy weight begin with children. Parents have an important role to play because they are usually the main source of information. More importantly, they are the key role models when it comes to shaping children's

eating habits.

Children learn from their parents what, when and how much to eat. For both children and adults it is important to learn when your body tells you when you are hungry, full or have overeaten.

Being at a healthy weight and eating healthy can enhance feelings of well-being and provide the needed energy to lead a fulfilling life. Maintaining a healthy weight is an important part of self-esteem, because your weight affects your body image, moods, emotions and physical health. A healthy weight can help to reduce your risk for physical and mental

illnesses.

Adults who wish to change their behaviors, attitudes and lifestyle patterns in order to reach a healthy weight should begin by getting reliable information on nutrition and physical fitness. A good place to start is where you receive your health care.

Military health care facilities offer a number of programs for maintaining a healthy weight or can make referrals to the appropriate source.

The website, www.healthierus.gov can also provide reliable nutrition and physical fitness information.



MAX IT OUT

The 2007 Volvo S60 2.5T from \$26,995

"PERFORMANCE PACKAGE"

Premium Pkg.
Sport Pkg.
Climate Pkg.
Active Bi-Xenon Lights.

**PACKAGE PRICE
US\$ 2,504.**

**SAVINGS OVER
US-MSRP \$7,188**

OFFER RUNS TILL 31 MARCH 2007

PLEASE STOP BY OUR OFFICE OR CALL TO ARRANGE YOUR TEST DRIVE.

Autohaus Haese
VOLVO CARS MILITARY SALES

Boelckestraße 38
(near Mainz-Kastel US Storage Station)
Tel: 06134-258722 and 06134-284938
militarysales@autohaus-haese.de

thai restaurant • cocktail lounge

emser straÙe 44 • 65195 Wiesbaden
open: monday - sunday 18:00-03:00

tel: 0611 40 90 79 70 www.phuket-wiesbaden.de
fax: 0611 3 35 54 85 info@phuket-wiesbaden.de

House of Make-up

KRYOLAN City Je Blush THE JEWEL BEAUTY MITCHELL

Products:

- Long lasting Make-up's
- Huge choice of different colors especially for darker skin tones
- Camouflage
- Special FX
- Hairpieces & Wigs

Services:

- Professional make-up artistry
- Beauticians
- Hairdressing & up-do's
- Bridal-Service
- Before & After Photo shoots
- Make-up Instructions

Moritzstr. 42 • 65185 Wiesbaden • 0611-5808616
www.houseofmakeup.com

Dedicated volunteer honored

By Anemone Rueger
*U.S. Army Garrison Wiesbaden
Public Affairs Office*

When Tarun Ghosh left his homeland of India in 1969 to start a new life in Germany, he could not have guessed that he would spend the rest of his working life and beyond with the U.S. Army.

"He came to Germany first, from Buenos Aires, where he worked for a German company," said his wife Sunanda. "I followed in 1974."

The Ghosh apartment in Frankfurt is a very simple and welcoming place. In several decades of living in Germany's banking city the couple has not collected many earthly goods. But generosity and hospitality is written all over their biographies, starting with a cup of good genuine Indian tea from an Indian store down the street.

Not long after settling in Augsburg Ghosh found employment with the U.S. Corps of Engineers in Frankfurt. Having joined ranks with him, Sunanda initially took up a volunteer opportunity with the library at the U.S. Army base



Photo by Anemone Rueger

Tarun Ghosh looks on from his hospital bed as a certificate of appreciation for 8,000 hours of volunteer service to the U.S. Army is read during a presentation in December. After having retired from working for the U.S. military for 26 years, Ghosh continued to serve as a volunteer at the Central Processing Facility at Wiesbaden Army Airfield until he was diagnosed and hospitalized with cancer late last year.

in Frankfurt, which existed until the early '90s. That was the first stop for a permanent job with the U.S. Army.

Ghosh retired after working with the Corps of Engineers and later with the Housing Office for 26 years. For most people, this would be the

end of the story on a dedicated working life. For Ghosh, it was just a new beginning.

Lt. Col. Timothy R. Wulff, U.S. Army Garrison Wiesbaden commander, presented Ghosh with a Certificate of Appreciation for Patriotic Civilian Service in December to

thank him for 8,000 hours of volunteer service to the Army. The award presentation took place in a Frankfurt hospital. Several weeks earlier Ghosh was diagnosed with cancer.

"He started working for me in the Central Processing Facility in 1998," said Mike Martin, Wiesbaden Central Processing Facility director. "He was running the official mail, he was taking care of the Soldiers' bags and whatever needed to be done."

When asked what motivated him to donate the breathtaking amount of 8,000 volunteer hours to the U.S. Army, Ghosh's wife Sunanda came to his help as he was too weak and overwhelmed by emotion to speak.

"He always said, 'the U.S. Army did so much for me and my family; they gave me a job and took care for me; I will serve them the rest of my life.'"

"Keep us in your prayers," Sunanda said. "We need it."



Become a volunteer

Several community organizations, services and events depend on volunteers to continue to provide services. Stop by the Army Volunteer Corps Office in Building 7790 in Hainerberg Housing and find out what volunteer opportunities are available. Call mil 335-5234 or civ (0611) 408-0234 for more information.

Help wanted!

Help wanted at Lucia Gift Shop in Mainz-Kastel, apply in person or call 06134-287884 or 0177-5458146

MARY KAY COSMETIC

Now in Wiesbaden-Mainz
06136-814960
E-mail: nblodt@yahoo.de

Chinese Restaurant Jade

Straße der Republik 34
65203 Wiesbaden-Biebrich

Tel: 0611-9600113

Fax: 0611-9600073

Mon to Sat: 11:30-15:00

& 17:30 - 24:00

Sun & Holidays: 11:30 - 24:00

All food available for take out!



TASTE THE BEST OF GREECE

The „Fishrestaurant ARGO“ offers you:

- fresh mediterranean grilled seafood
- large variety of meat dishes
- homemade starters
- imported greek wine
- comfortable atmosphere in the center of Wiesbaden (market place)

ORIGINAL
GREEK CUISINE
fish, meat & more

MARKTSTR. 8 – 65183 WIESBADEN
PHONE: 0611-372 508

WWW.FISCHRESTAURANT-ARGO.DE



MIRASCON AUTO INSURANCE BROKER



Your Protection Is Our Strength

Prices for auto insurance are especially expensive. Variables include your age, the car's age, engine size, make, model and weight. German liability insurance, which is mandatory, ranges from 300 to 2,000 Euros per year. Shop around when purchasing insurance. We have low auto insurance rates, low deductible, all cars have roadside assistance. Call us before you purchasing insurance, and save \$\$\$\$. Ask your friends!

Call local Agent in Wiesbaden 06134-2592714

Chinese Restaurant
Kaiser-Palast
Schiersteinerstrasse 86
65187 Wiesbaden
Tel/Fax: 0611-8110938
All You Can Eat!
-Lunch Buffet-
Mon-Fri €6.90
-Evening Buffet-
Fri & Sat Evenings €11.80
www.kaiser-palast.de

Hong Kong Express
Wiesbaden Train Station
Tel: 0611-580 4532
DAILY SPECIALS!
Fried noodles with chicken
or Fried rice with chicken
ONLY €3.90
Open daily 10:00-22:00

King holiday not just another day off

By Sgt. 1st Class Ray Baum
Special to the Herald Union

Each year on the third Monday of January, schools, federal offices, post offices and banks across America close to celebrate the newest American national holiday.

Fifteen years after Dr. Martin Luther King Jr.'s death, President Ronald Reagan signed a bill into law making the third Monday of January a national holiday celebrating the birth and life of the slain civil rights leader.

But it was a tough time getting the bill passed. There were many who opposed the idea of a holiday for King. America had only honored two individuals with national holidays — George Washington and Christopher Columbus. Many felt there were other Americans who deserved a national holiday, such as Abraham Lincoln and John F. Kennedy. One barrier to the confirmation was a senator from Georgia who had denounced King as a communist. Others feared the King holiday was meant as a way to make up to African-Americans for slavery. Others feared the cost of the holiday and the extra overtime paid to federal workers who had to work on the holiday as well as millions



Photo courtesy of www.thekingcenter.org

President Reagan signs a bill proclaiming a holiday in remembrance of Dr. Martin Luther King Jr.

of dollars to those federal employees who were paid for the day.

"I suggest they hurry back to their pocket calculators and estimate the cost of 300 years of slavery, followed by a

state holiday. The bill was finally passed by both the House of Representatives and the Senate and was signed into law Nov. 2, 1983.

The first

century or more of economic, political and social exclusion and discrimination," pointed out Senator Bob Dole to the critics.

It took many years for Congress to decide to celebrate the holiday. In the years leading up to the official decree many African-Americans celebrated the birthday themselves with a few states declaring King's birthday a

national celebration of the Dr. Martin Luther King Jr. holiday took place Jan. 20, 1986. This year the holiday will be celebrated on Jan. 15 with the theme "Remember! Celebrate! Act! A Day On, Not a Day Off!"

The Wiesbaden military community will observe the Martin Luther King Jr. holiday with a special observance from 1-2:30 p.m. Jan. 24 at the Flyers Theater at Wiesbaden Army Airfield. The observance will be hosted by the 1st Armored Division Equal Opportunity Office and will feature a performance by Hainerberg Elementary School students.

For more information on the Martin Luther King Jr. observance or another special/ethnic observance contact your unit Equal Opportunity Office. *(Some information in this article courtesy of the www.holidays.net/mlk/holiday.htm website.)*

Thai-Massage-Practice
Wiesbaden
Owner: Benja
Tel: 0611-3417994
Please call for an appointment
www.thai-massage-praxis.de

MR DÖNER
NOW IN WIESBADEN'S
MAIN TRAIN STATION
Over 40 different varieties
with Turkey & Veal, Many different menus
Open 9 am to 1 am daily
TEL: 0611-7342498

Ristorante Pizzeria Da Balbi
MEDITERRANEAN CUISINE
Parties welcome
0611-840303
Wielandstraße 7 • Wiesbaden
Free Parking • English Spoken

The Confessional Lutheran Christian Ministry Welcomes You!
2nd & 4th Sundays at the Wicker Gemeindehaus.
Serving the Frankfurt, Wiesbaden, and Mainz areas. Located just 5 minutes south of IKEA off the A66
Worship - 10:30
Sunday School/Bible Class - 12:00
Pastor Michael Schroeder
E-mail: WELSchaplain@t-online.de
Tel: 06131-277-9980 www.welseurope.org
Wisconsin Ev. Lutheran Synod

Christian Education
Advanced Curriculum
Academic Program for 2yrs
- 8th Grade
Pastor
Joseph L. Freeman Jr
Community Christian Academy
nhcca2006@yahoo.com
New Hope Missionary Baptist Church
Schossberg Strasse 11,
Wiesbaden-Schierstein, Germany
0611-927-9783, Fax 0611-238-8942
Sunday School 0930hrs • Worship Service 1100hrs
Choir Thursdays 1900hrs
Tuesday: Brotherhood 2nd, 3rd 19:00
Usher 4th 19:00
Wednesday: Youth Choir 1st, 2nd 19:00
Prayer Meeting/Bible Study 19:00/19:30

LUCIA'S
Gifts, Souvenirs, Plaques & Trophies
Laser Engraving | Hand Carved Wooden Models
Framing | Masonic Items | Guildons | Stamps | Emblems
Farewell Gifts | Pewter Items | Desk Plates | Coins and Coin Holders
Boelckestrasse 26 b | 55252 Mainz-Kastel
Phone: 06134-287 884 + 287 885 | Fax: 06134-287 886
www.luciasgiftshop.com | lucia1901@aol.com

Ristorante COMEBACK
Goldgasse 13
65183 Wiesbaden
Tel: 0611-373802
Hours: Sun-Thu 10:30-01:00
kitchen till midnight
Fri-Sat 10:30-02:00
kitchen till 01:00
RISTORANTE PIZZERIA
Special Pasta Dishes
Italian & International Cuisine
Lamb, Veal, Steak, Fish, Meat
English Spoken & English Menu
Romantic Atmosphere

KOPPE ANTIQUES
Traditional antiques from the good old days!
Visit our large showroom
at the entrance of the town of Wallau.
Wiesbadener Str. 24 • 65719 Wallau
A66 – Exit Wallau, opposite to IKEA
Phone: 06122 – 504 800
Opening hours Mon-Fri 11:00 – 18:00
Saturday 11:00 – 16:00 Closed Wednesdays
Reasonable prices! Tax free sales! Delivery Service!

美麗華酒樓
Chinese Restaurant
Mayflower
Uthmann-Strasse 8
55246 Mainz-Kostheim
Tel: 06134-258928
Fax: 06134-258988

MOTOR CITY USA
"WE SELL, BUY & TRADE USED CARS"
Ludwig-Wolker-Str. 12d • 55252 Mainz-Kastel
Phone: 06134 - 287 218
ARE YOU LOOKING FOR A
PRE-OWNED US SPECS CAR
QUALITY CARS, WARRANTIES, LOW INTEREST RATES, LOW OR NO DOWN
PAYMENT, MILITARY INSPECTION GUARANTEED, AMERICAN SPECS,
SEDANS, PICKUP TRUCKS, SUV'S, VAN'S
SOME OF OUR CARS STILL HAVE FACTORY WARRANTY
WE ARE AMERICANS DOING BUSINESS WITH AMERICANS
YOUR CREDIT DOES NOT HAVE TO BE SPOTLESS
VISIT OUR WEBSITE
WWW.MOTORCITY-USA.DE



Photo by Ignacio "Iggy" Rubalcava

The undisputed highlight for Baumholder in 2006 was the return of the 2nd Brigade Combat Team after their year-long deployment to Iraq.



Photo by Ignacio "Iggy" Rubalcava

Baumholder residents brave the cold temperatures in March of 2006 during the annual Fasching parade. This year's Fasching parade is scheduled for Feb. 19.



Photo by Kelsy Husted

A visitor at Buccaneer Night last May eyes the many baskets up for auction. The event raises funds for graduating seniors.

Garrison readies for '07 after whirlwind '06

By Ignacio "Iggy" Rubalcava

U.S. Army Garrison Baumholder Public Affairs Office

It seems like ages ago when Americans in Germany were either trying to find a good deal on World Cup Soccer tickets or were glued to their televisions hoping the fledgling U.S. soccer team would surprise soccer fans the world over with a World Cup victory. We all know how that turned out.

Closer to Baumholder, 2006 saw the return of the 2nd Brigade Combat team from Iraq, a highly anticipated event for American and German community members.

Now that 2006 is nothing but a blur in the rear view mirror, the U.S. Army Garrison Baumholder and the city of Baumholder are poised for another year with a full calendar of events. First and foremost is the support of Soldiers and family members of the 2nd Brigade Combat Team and all associate units.

USAG Baumholder started its calendar of events like most years, by hosting the annual Commander's New Year's reception Jan. 11. The event was an opportunity for many German and American community members to become acquainted with Brig. Gen. David Hogg, 1st Armored Division senior mission commander and Lt. Col. Derek Rountree, USAG Baumholder commander, co-hosts of the event.

Jumping ahead to mid summer, the annual state fair, Rheinland Pfalz Days, is coming to Baumholder June 29 through July 1 and its presence will definitely impact the German and American communities. Details of the fair's events are not yet out but

residents can expect traffic delays and congestion for the duration.

Fasching is also a highlight of the year and it's just around the corner. Activities begin this year with "Old Women's Night" Feb. 15. Fasching weekend is Feb. 17-18 and Rose Monday caps off the festivities on Feb. 19. Rose Monday includes the city's annual Fasching Parade and a children's Fasching ball.

Coming up March 5 is the annual Baumholder Army Family Action Plan Conference, which provides community members with an opportunity to voice quality of life issues and suggestions. All issues are addressed and many are selected for consideration at the Department of the Army level.

Spring break for Department of Defense Dependents Schools is April 6-13, and don't forget the annual tax filing deadline of April 15. There are some exceptions in tax filing for Soldiers and families overseas so call the legal office for details.

May offers a full agenda for the community. Buccaneer Night is usually held this time. "Buc" Night is a fund-raising event to help fund further education for graduating high school seniors who have been accepted and enrolled in an institute of higher learning.

Also in May is the change of command for the U.S. Army Garrison Hessen, the next echelon of command for the USAG Baumholder. May is also a month when a variety of uniforms will be seen on post as the participants of Combined Endeavor gather to conduct their annual communications exercise at Camp Aulendorf.

The annual triathlon, conducted by Baumholder, is a competition involving swimming, biking and running. It will be held June 16-17. The children's competition is June 16 and the adults compete June 17.

For community members who will arrive in Baumholder this summer, the annual CARE Fair in August can be a one-stop shopping opportunity to receive assistance from an array of post organizations. Customers can do everything from enrolling their children with Child and Youth Services to having their cholesterol and blood pressure checked.

The city population will swell again Aug. 16-19 as the annual Hüntrück Rally comes to town. The Baumholder leg of the rally is Aug. 18, but preparations for the race may cause some traffic congestion off post a few days before the race.

In conjunction with the rally is the Baumholder Old City Fest Aug. 17-19.

Minick Field has drawn the annual Super Six high school football competition to Baumholder for several years, so expect some grid iron action in November.

The holiday season will be in full swing again shortly after Thanksgiving. Community Christmas tree lightings in Strassburg, Smith Barracks and in the city are scheduled for early December. This year's Christmas Market downtown is Dec. 7-8.

As the year comes full circle with the end of the holiday season, the garrison and city begin their preparations to tackle another year packed full of activities for the German and American communities.

Tax center opens, offers free service

The Baumholder Tax Center will open for Business Jan. 29. The center is located in Building 8670, next to the 8th Finance Battalion and Service Members Credit Union.

The center offers tax preparation and electronic filing for federal and state income taxes. Electronic filing is more accurate and reduces the time you have to wait for your refund, officials said.

The BTC offers free tax service to all service members, family members and eligible Department of Defense civilians. All tax preparers are IRS trained and certified. Why pay a commercial preparer when the BTC offers services free of charge? The BTC often saves customers more than \$200 in tax preparation fees. Last tax season the BTC saved customers more than \$200,000 in fees on federal returns alone.

The BTC will be open from 9 a.m. to 5 p.m. Monday through Thursday and 9 a.m. to 3 p.m. on Friday. Customers may schedule an appointment starting Jan. 29. Simple returns can be completed on a walk-in basis.

To complete their taxes, customers will need to bring all of their W-2s and Social Security cards for everyone claimed on the tax return. Customers must also bring any other documents, such as 1098 and 1099 forms and information on any rental property owned.

BTC customers will be asked to



Photo by Ignacio "Iggy" Rubalcava

Sgt. Richard Wexler, noncommissioned officer in charge of the Baumholder Tax Center, readies a stack of tax forms for customers. Customers may start making appointments at the center Jan. 29.

complete a simple questionnaire that will enable the staff to accurately prepare their federal and state tax returns.

It is important to note that due to Congress's late enactment of the tax extender bill, the IRS will not accept

tax returns if the taxpayer claims deductions for educator's expenses, tuition and fees or state sales tax until sometime in February. If customers plan to claim one of these deductions they should contact the tax center when

ready to file to determine if the IRS will accept their return at that time.

For questions concerning the BTC, or if persons are interested in volunteering, contact the BTC at mil 485-1040.



A tradition in Baumholder

Peter Lang, Baumholder mayor, thanks Chief Warrant Officer 4 Gary W. Dorrel, 1st Armored Division band master, for performing during the annual Christmas concert at the Brühlhalle in Baumholder. The band's performance at this annual event has become a tradition. This year's concert drew more than 500 German and American guests. Baumholder District Mayor Volkmar Pees welcomed the band and members of the audience who included Brig. Gen. David R. Hogg, 1st Armored Division assistant division commander, and Lt. Col. Derek Rountree, U.S. Army Garrison Baumholder commander.

Photo by Bernd "Bernie" Mai

AFAP helps share your issues

Share your quality of life issues with the installation and Army leadership during the 2007 Army Family Action Plan issue submission campaign and conference March 5.

Community members have the chance to have their voice heard by submitting an issue to Army Community Service by Feb. 5.

An issue can be anything concerning quality of life in Baumholder or within the Army community as a whole. All submitted issues will be discussed March 5 during the conference.

Watch for the issue paper sheets and orange drop boxes placed all around post for your convenience.

The form below can also be used as a template to submit an issue via email to 222ACInfo@104asg.mwr.army.mil. You can always stop by Army Community Service and submit an issue in person as well. Issues must be received by Feb. 5.



Photo by LeAnne MacAllister
A working group at last year's Army Family Action Plan conference discusses a quality of life issue.

Army Family Action Plan
Issue Paper

Issue/Concern: _____

Possible Solution: _____

Drop off this issue paper at any community orange drop box or to Army Community Service directly, Building 8745, second floor.
For questions or concerns regarding the 2007 AFAP Conference contact mil 485-8188 or civ (06783) 6-8188.
You can also mail this form to ACS at the following address:

Army Community Service
Unit 23746, Box 2
APO AE 09034



Health

Group exercise

Fitness Promotions offers a group fitness class. A group rate is available for \$50 or individual tickets may be purchased for \$4 each. The minimum number of participants is 15 and the maximum is 30. Call Honey Bueno at civ (06783) 6-7093 or mil 485-7093 to schedule a class.

Athletic club, pool

The Rolling Hills Athletic Club is located in upper Wetzell and includes an indoor pool and fitness center. The fitness center is open from noon to 8 p.m., Monday through Friday and noon to 5 p.m. on Saturday, Sunday and holidays. Call the RHAC for the current pool hours. There are daily, monthly and quarterly membership rates available for individuals or families. Call the RHAC for information on pricing at civ (06783) 6-6156.

Family swim night is offered every Friday from 5-8 p.m. The cost is \$1 per person.

RHAC Pool is in need of lifeguards. Contact Warren Latham at the RHAC, civ (06783) 6-6156 or civ (06783) 6-6575.

All that jazz

Register now for the February beginner and level 1 jazz dance class session. The cost is \$40 for four sessions. The beginner class will be held on Wednesdays from 6:30-8 p.m. The level I class will be held on Thursdays from 6:15-7:45 p.m.

Personal training

Appointments with a personal trainer are available on Tuesday and Thursday in January from noon to 7:30 p.m. The cost is \$20 per one hour session for club members and \$35 for nonmembers. Try the personal training package deal which includes a one month individual membership to the Rolling Hills Athletic Club and four individual personal training sessions good for four months for \$95.

Wellness massage

Relax with a massage from a certified masseuse at the Rolling Hills Athletic Club. Sports, Wellness and Fitness Massages

are now available. Choose from Swedish, Deep Tissue, Hot Stone Therapy and Combination. A 60-minute session costs \$40. Call to schedule your appointment at mil 485-6156 or civ (06783) 6-6156.

Pool party rental

The pool and the party room can be rented for up to 25 guests. Rental includes use of the pool for three hours, party room and tables and chairs for \$75. The room is available on the weekends from 1-4 p.m.

Fitness classes

The following classes are offered at the Rolling Hills Athletic Club:

Monday, Friday, spinning, 4:15-5:15 p.m.

Monday, spinning, 5:30 p.m.

Monday, belly dancing basic, 6:30 p.m.

Tuesday, Thursday, yoga, 11:45 a.m.

Tuesday, Friday, belly dancing basic, 5:30 p.m.

Tuesday, Friday, belly dancing choreography, 6:30 p.m. Wednesday, yoga, 5:30 p.m.

Belly dancing classes resumed Jan. 8.

Golf course special

The Rolling Hills Golf Course is offering a winter white and color sale all month. If it has a color, it's on sale.

Winter driving range

The driving range is open daily with lights on until 9:30 p.m. Purchase tokens at the Pro Shop before 5 p.m.

Aerobathon

A free aerobathon is scheduled for Jan. 27 at the Hall of Champions. Classes include Spinning, Yoga, Toning, Step, and Jazz Dance. Register for a free 10-minute chair massage. Call civ (06783) 6-7093, 6156 or email honey.bueno@us.army.mil.



ACS has new hours

Baumholder's Army Community Service has changed its hours of operation. The new hours are Monday through Friday from 8 a.m. to 5 p.m. Call ACS at mil 485-8188 or civ (06783) 6-8188 for more information.

Job opportunity

Army Community Service is accepting applications for a full-time contract Family Advocacy Program coordinator. Applications/resumes must be received by noon Jan. 24 at the ACS reception desk. Qualifications include:

- A bachelor's degree from an accredited university, preferably in social services, psychology, education or behavioral health;
- Two to four years working in a social service setting;
- Six months experience in family and children's services or community organizations;
- One year work experience with computer software programs, specifically: MS Word, Excel, Power Point, Publisher, Access, email and Internet;
- Strong customer service skills;
- Strong public speaking skills.

Time and records management are required.

Experience with family violence programs, working inside military systems and knowledge of government practices is preferred.

A complete statement of work can be issued upon request or picked up at Army Community Service, Building 8746. For more information call mil 485-8188 or civ (06783) 6-8188.

Volunteers needed

Child and Youth Services Sports and Fitness needs volunteers to help with the Baseball and Softball Expertise Program. This program, outlined by several members in the community in collaboration with Child and Youth Services, will be a year-round program designed to help baseball and softball players ages 9-18 develop their skills through continued practice.

The intent is to have one or two practices each month, most

Happenings



Photo by Ignacio "Iggy" Rubalcava

Good luck for the New Year

Chimney sweeps Sebastian Simon (left) and Jochen Scherne present Ingrid and Gerd Schwerdtner with a good luck coin and miniature chimney sweep figure during the annual commander's New Year's reception at the Rheinlander Jan. 11. This year marks the 25th year that Scherne, chief chimney sweep for the district, has supported the annual reception by providing chimney sweeps to hand out good luck tokens to guests.

likely on Sunday afternoons throughout the year with practice games to be scheduled.

Volunteers who have specialized skills are also needed, such as pitchers, batters, program treasurer, program coordinator, etc. People interested may call CYS Sports and Fitness at mil 485-8249 or email: daniel.washingtoniii@us.army.mil.

Customs hours

The Baumholder Customs Office is located in Building 8724. Their customer service hours are Monday through Thursday from 8 a.m. to noon and 12:30-4:30 p.m. The office closes at 4:25 p.m. on Friday. The office is closed on all federal and German holidays.

Job opening

Choctaw Management Services Enterprises seeks candidates for home visitor positions in the Baumholder Army New Parent Support Program. Candidates must be either a licensed clinical MSW or a

licensed BSN with two years experience beyond graduation working with expectant mothers, new parents, child abuse or maternal and child health. Send resumes to mariela.fernandez@ima-e.army.mil or fax to civ (06202) 80-6586. Call civ (06202) 80-6593 or mil 379-6593.

Choctaw has jobs

Choctaw Archiving Enterprise is anticipating job openings for nutritionists, dietitians and nurses at the Baumholder WIC overseas offices in January.

These positions require a BS in nutrition, dietetics, or home economics; or BSN in nursing. Experience in prenatal, maternal or infant nutrition is required. Experience with WIC is desirable, and all applicants must be U.S. citizens and have current driver's licenses.

For consideration email your resume, cover letter and a copy of applicable licenses to

Erika.Davies@eur.army.mil or fax (06783) 6-8049

Homeless pets

If you are unable to take your pet with you back home, the Vogelweh Stray Facility has a program to take your pets and find them a new home. The fee is \$45 for an animal turn-in and you must call in advance since there is limited space. The Vogelweh Stray Facility is open Monday through Friday from 10 a.m. to noon and 1-3 p.m. and the first Saturday of every month from 10 a.m. to noon. The facility is closed on holidays. You may also go to their website at KMCstray.com and place a classified ad for \$5 to put an animal up for adoption. For details call civ (0631) 536-6588.

Update pet shots

People who plan on returning to the States soon must ensure their pet's shots are up to date. The rabies shot must be at least 30 days old and

current in order to fly. Pets also need a health certificate within 10 days of flying in order to travel. Pet owners may call the vet clinic at civ (06783) 6-6636 to make an appointment. The clinic is open Monday through Friday from 9 a.m. to 4 p.m. and closed for lunch from noon to 1 p.m.

Youth Services

Jan 20, lock-in at the Underground for sixth through eighth-grade students from 8 p.m. to 8 a.m.

Jan 26, pasta and movie night at the Smith Teen Center from 9 a.m. to noon. The event is free.

All participants must be registered with Child and Youth Services. For more information contact your local youth center or call Youth Services at mil 485-7276.

Instructors needed

Youth Services is always looking for qualified instructors to contract in instructional areas such as martial arts, music, tennis, arts, dance and more. For more information call mil 485-7276.

Volunteers needed

Youth Services is looking for volunteers, youths and adults, to assist with special interest clubs and sporting or recreational events. For more information contact your local youth center.

Outdoor activities

Outdoor Recreation offers the following trips or activities in January:

Jan. 19-21, Garmisch Ski Trip

Jan. 21, Ice Skating in Bitburg

Jan. 27, Black Forest Ski Trip

Jan. 27, Paris Express Trip.
For more information call civ (06783) 6-7182 or mil 485-7182.

Paintball field

The paintball field is open Saturdays, 10 a.m. to 5 p.m.

Rental guns are \$15 per set. There is a \$9 field fee when using your marker.



Trier: Walk in Roman footsteps in historic German town

Story and photos by Dennis Johnson
U.S. Army Garrison Hessen Public Affairs Office

You don't have to fly to Rome to walk among Roman ruins, to stand in a coliseum where gladiators once fought or to visit a Roman emperor's palace.

The German cities of Trier and Worms share the distinction of being the oldest settlements in Germany, with histories stretching back to when Germany was at the frontier of the Roman Empire. Trier has more Roman ruins than any city north of the Alps and was designated a United Nations World Heritage site in 1986.

Founded by the Romans in 16 B.C. as Augusta Treverorum (City of Augustus in the land of the Treveri), Trier became the capital of the Western Roman Empire in the 3rd century A.D., and from 293-395 A.D. was one of the residences of the emperor. Under the rule of Constantine the Great, 306-337 A.D., the city was rebuilt, and buildings such as the Palastaula and the Imperial Baths were constructed.

In 326 A.D. sections of the imperial family's residential palaces were extended and converted into a large basilica, the remains of which are still partly recognizable around the cathedral.

Emperor Constantius II resided in Trier from 328-340 A.D. and from 367 A.D., under Valentinian I, Trier became again an imperial residence until the death of Theodosius I in 395 A.D. At the time Trier was the largest city north of the Alps.

When the Roman army withdrew along the Rhein River at the beginning of the 5th century Trier was repeatedly sacked by the Franks as well as by troops of Attila the Hun in 451 A.D.

The city thrived again in the 14th century when it became home to the prince-electors, those princes who voted for the Holy Roman Emperor. The town was briefly held by France in the early 19th century and then by Prussia in 1815. Karl Marx, the father of communism, was born in the town in 1818.

Today, Trier is a city of about 100,000 people, home to a university and a popular stop for tourists. The town is situated on the Mosel River and surrounded by the Eifel and Hunsrück Mountains. It lies only six miles from the Luxembourg border and makes a good base for exploring the Mosel vineyards, Luxembourg and the nearby mountains.

Things to see

Start at the **tourist information** office located next to the Porta Nigra to pick up a map of the town



A cherub cavorts in St. Peter's Cathedral. It is said the cathedral holds Jesus Christ's robe which is rarely put on display.



The remains of the Kaiserthermen imperial Roman baths from the 4th century.

and to buy admission tickets. The Trier Card gives free or reduced admission to the main attractions and museums. Most sites can be reached easily by walking. For information visit the city website at www.trier.de.

Roman ruins

The **Porta Nigra** (Black Gate) is an imposing 2nd century city gate once part of the 6.4-kilometer city walls. Constructed of red sandstone, it's called the Black Gate due to its dingy appearance after years of accumulated soot and dirt. The fortified gate has two towers and a courtyard. In the 11th century it was built into a church, St. Simeon, and parts of the church decoration can still be seen inside.

Presently the **city historical museum** located next to the Porta Nigra is closed for renovation and is scheduled to reopen in early 2007. The museum focuses on regional history with emphasis on art and artifacts from the Middle Ages onward.

The **Römische Palastaula** is a vast, 220-foot-long, 90-foot-wide and 118-foot-high, 4th century basilica that was once the throne room of the Roman emperor Constantine. It is the largest surviving single-room Roman building. In medieval times it was part of the prince-electors' residence. Since the 19th century it has been used as a Protestant church.

The remains of the 4th century **Kaiserthermen** (Emperor's baths) shows the vast system of baths and saunas employed by the Romans. You can walk through underground tunnels that were part of the heating system.

The 2nd century A.D. Roman **amphitheater** in Trier could hold 20,000 spectators who were treated to entertainment such as gladiator battles and animal fights. Today it is the site of an annual festival of ancient plays and open-air concerts. Below the arena visitors can walk through underground areas where animals, gladiators and prisoners waited to perform their gruesome spectacles.

Uncovered in the 1980s the **Thermen am Viehmarkt** are the ruins of another Roman bath, one of three in Trier. Covered by a large glass cube the ruins show the outline of the walls and foundations of the bath complex.

There are numerous other Roman sites in Trier including a **Roman bridge** built from 144-152 A.D. over the Mosel — the oldest bridge in Germany — and the 2nd century **Barbaratherman**, another Roman bath.

Other sites to see

The **Dom**, the city's Catholic cathedral stands



The 2nd century Porta Nigra once served as an entry into the Roman Empire's northern frontier.



Visitors explore a Roman amphitheater, one of many remnants left from the occupation of Germany by the Romans.

on the site of a former emperor's palace. After Constantine's last visit to Trier in 328-329 A.D., the palace was destroyed and replaced by a vast church about four times as big as the present-day cathedral.

After the Roman era much of the church was destroyed and the present cathedral is a medieval construction. The cathedral claims to hold Christ's robe. It is rarely on display, but a reliquary holding the robe can be seen in the Holy Robe Chapel.

Next to the Dom is the **Liebfrauenkirche**, one of Germany's oldest gothic churches.

Next to the Palastaula is the **Prince-Elector's Residence**, a rococo style palace with a restful garden.

Close encounters

Any time of year is good time to visit Frankfurt Zoo

Story and photos by
Karl Weisel
U.S. Army Garrison Hessen
Public Affairs Office

One thing about zoos — they don't close for bad weather. On those darker winter days when many people prefer staying home curled up with a good book or DVD, the denizens of Frankfurt's Zoo still await visitors.

In other words, if you're looking for something fun to do with youngsters on even the soggiest day of the year — the Frankfurt Zoo welcomes your visit.

With several new "animal-friendly" enclosures constructed over the past few years and various indoor animal houses, visitors will find plenty to keep their children occupied and dry at the same time.

Located on two U-Bahn lines just east of the city center at Alfred-Brehm Platz 16, Frankfurt's Zoo features miles of trails offering close-up encounters with everything from Indian tigers to African bonobos, American eagles to exotic snakes and spiders. Don't be surprised if you have a tendency to take a step back as one of the tigers approaches the thick, plate glass window providing a wide open view into one enclosure. Or feel the skin crawl on the

back of your neck while gazing into the tarantula cages.

Among the more popular indoor exhibition halls is the Exotarium featuring everything from penguins and stingrays to giant snapping turtles and crocodiles. Visitors may be hard-pressed at first to locate the stone fish in one aquarium which blend in perfectly with their habitat to confuse their next meal, or the leave insects dangling from tree limbs in another exhibit.

Another always popular exhibition hall is the Grzimek Haus, named in honor of German veterinarian Bernhard Grzimek. Once visitors' eyes adjust to the relative darkness of the nocturnal environment in the hall they can stroll past cases featuring everything from



Photo left: a tiger looks through the glass at a visitor.



Visitors enjoy the antics in the seal pool during feeding time at the Frankfurt Zoo.

back of your neck while gazing into the tarantula cages.

Among the more popular indoor exhibition halls is the Exotarium featuring everything from penguins and stingrays to giant snapping turtles and crocodiles. Visitors may be hard-pressed at first to locate the stone fish in one aquarium which blend in perfectly with their habitat to confuse their next meal, or the leave insects dangling from tree limbs in another exhibit.

Another always popular exhibition hall is the Grzimek Haus, named in honor of German veterinarian Bernhard Grzimek. Once visitors' eyes adjust to the relative darkness of the nocturnal environment in the hall they can stroll past cases featuring everything from

bats in full flight to desert foxes on the hunt. Observe as one species of African birds builds a giant communal nest together or otters splash playfully by in another enclosure.

The city of Frankfurt has long supported efforts to document and help promote the survival of the world's many animal species. A zoo first opened in the city in the mid 1800s, funded in part by donations from the Frankfurt Zoological Society, in the Bockenheimer section before relocating to its current site in 1874. After the zoo was destroyed in World War II (60 percent of the city was demolished in Allied bombing raids in 1945), it was rebuilt thanks to donations by concerned citizens.

Today the city's Zoological



Center: an iguana poses in the Exotarium.

Society is immersed in some 80 conservation projects in 30 countries around the globe. The zoo is continues to remain open while construction work to enhance the various enclosures and exhibit halls is in progress.

The Zoo is open daily from 9 a.m. to 5 p.m. during the winter months (open until 7 p.m. in summer). Admission is €8 for adults, €4 for children and students. A family ticket valid for two adults and their children in a family costs €20. On the last Saturday of the month admission is €6 for adults and €3 for youths.

To get to the Frankfurt Zoo by public transportation take the U6 or U7 to the Zoo Station.

Today the city's Zoological

Society is immersed in some 80 conservation projects in 30 countries around the globe. The zoo is continues to remain open while construction work to enhance the various enclosures and exhibit halls is in progress.

The Zoo is open daily from 9 a.m. to 5 p.m. during the winter months (open until 7 p.m. in summer). Admission is €8 for adults, €4 for children and students. A family ticket valid for two adults and their children in a family costs €20. On the last Saturday of the month admission is €6 for adults and €3 for youths.

To get to the Frankfurt Zoo by public transportation take the U6 or U7 to the Zoo Station.

Today the city's Zoological

Society is immersed in some 80 conservation projects in 30 countries around the globe. The zoo is continues to remain open while construction work to enhance the various enclosures and exhibit halls is in progress.

The Zoo is open daily from 9 a.m. to 5 p.m. during the winter months (open until 7 p.m. in summer). Admission is €8 for adults, €4 for children and students. A family ticket valid for two adults and their children in a family costs €20. On the last Saturday of the month admission is €6 for adults and €3 for youths.

To get to the Frankfurt Zoo by public transportation take the U6 or U7 to the Zoo Station.

Today the city's Zoological

Society is immersed in some 80 conservation projects in 30 countries around the globe. The zoo is continues to remain open while construction work to enhance the various enclosures and exhibit halls is in progress.

The Zoo is open daily from 9 a.m. to 5 p.m. during the winter months (open until 7 p.m. in summer). Admission is €8 for adults, €4 for children and students. A family ticket valid for two adults and their children in a family costs €20. On the last Saturday of the month admission is €6 for adults and €3 for youths.

To get to the Frankfurt Zoo by public transportation take the U6 or U7 to the Zoo Station.

Today the city's Zoological

Society is immersed in some 80 conservation projects in 30 countries around the globe. The zoo is continues to remain open while construction work to enhance the various enclosures and exhibit halls is in progress.

The Zoo is open daily from 9 a.m. to 5 p.m. during the winter months (open until 7 p.m. in summer). Admission is €8 for adults, €4 for children and students. A family ticket valid for two adults and their children in a family costs €20. On the last Saturday of the month admission is €6 for adults and €3 for youths.

To get to the Frankfurt Zoo by public transportation take the U6 or U7 to the Zoo Station.

Today the city's Zoological

Society is immersed in some 80 conservation projects in 30 countries around the globe. The zoo is continues to remain open while construction work to enhance the various enclosures and exhibit halls is in progress.

The Zoo is open daily from 9 a.m. to 5 p.m. during the winter months (open until 7 p.m. in summer). Admission is €8 for adults, €4 for children and students. A family ticket valid for two adults and their children in a family costs €20. On the last Saturday of the month admission is €6 for adults and €3 for youths.

To get to the Frankfurt Zoo by public transportation take the U6 or U7 to the Zoo Station.

Today the city's Zoological

Society is immersed in some 80 conservation projects in 30 countries around the globe. The zoo is continues to remain open while construction work to enhance the various enclosures and exhibit halls is in progress.

The Zoo is open daily from 9 a.m. to 5 p.m. during the winter months (open until 7 p.m. in summer). Admission is €8 for adults, €4 for children and students. A family ticket valid for two adults and their children in a family costs €20. On the last Saturday of the month admission is €6 for adults and €3 for youths.

To get to the Frankfurt Zoo by public transportation take the U6 or U7 to the Zoo Station.

Today the city's Zoological

Society is immersed in some 80 conservation projects in 30 countries around the globe. The zoo is continues to remain open while construction work to enhance the various enclosures and exhibit halls is in progress.

The Zoo is open daily from 9 a.m. to 5 p.m. during the winter months (open until 7 p.m. in summer). Admission is €8 for adults, €4 for children and students. A family ticket valid for two adults and their children in a family costs €20. On the last Saturday of the month admission is €6 for adults and €3 for youths.

To get to the Frankfurt Zoo by public transportation take the U6 or U7 to the Zoo Station.

Today the city's Zoological

Society is immersed in some 80 conservation projects in 30 countries around the globe. The zoo is continues to remain open while construction work to enhance the various enclosures and exhibit halls is in progress.

The Zoo is open daily from 9 a.m. to 5 p.m. during the winter months (open until 7 p.m. in summer). Admission is €8 for adults, €4 for children and students. A family ticket valid for two adults and their children in a family costs €20. On the last Saturday of the month admission is €6 for adults and €3 for youths.

To get to the Frankfurt Zoo by public transportation take the U6 or U7 to the Zoo Station.

Today the city's Zoological

Society is immersed in some 80 conservation projects in 30 countries around the globe. The zoo is continues to remain open while construction work to enhance the various enclosures and exhibit halls is in progress.

The Zoo is open daily from 9 a.m. to 5 p.m. during the winter months (open until 7 p.m. in summer). Admission is €8 for adults, €4 for children and students. A family ticket valid for two adults and their children in a family costs €20. On the last Saturday of the month admission is €6 for adults and €3 for youths.

To get to the Frankfurt Zoo by public transportation take the U6 or U7 to the Zoo Station.

Today the city's Zoological

Society is immersed in some 80 conservation projects in 30 countries around the globe. The zoo is continues to remain open while construction work to enhance the various enclosures and exhibit halls is in progress.

The Zoo is open daily from 9 a.m. to 5 p.m. during the winter months (open until 7 p.m. in summer). Admission is €8 for adults, €4 for children and students. A family ticket valid for two adults and their children in a family costs €20. On the last Saturday of the month admission is €6 for adults and €3 for youths.

To get to the Frankfurt Zoo by public transportation take the U6 or U7 to the Zoo Station.

Today the city's Zoological

Society is immersed in some 80 conservation projects in 30 countries around the globe. The zoo is continues to remain open while construction work to enhance the various enclosures and exhibit halls is in progress.

The Zoo is open daily from 9 a.m. to 5 p.m. during the winter months (open until 7 p.m. in summer). Admission is €8 for adults, €4 for children and students. A family ticket valid for two adults and their children in a family costs €20. On the last Saturday of the month admission is €6 for adults and €3 for youths.

To get to the Frankfurt Zoo by public transportation take the U6 or U7 to the Zoo Station.

Today the city's Zoological

Society is immersed in some 80 conservation projects in 30 countries around the globe. The zoo is continues to remain open while construction work to enhance the various enclosures and exhibit halls is in progress.

The Zoo is open daily from 9 a.m. to 5 p.m. during the winter months (open until 7 p.m. in summer). Admission is €8 for adults, €4 for children and students. A family ticket valid for two adults and their children in a family costs €20. On the last Saturday of the month admission is €6 for adults and €3 for youths.

To get to the Frankfurt Zoo by public transportation take the U6 or U7 to the Zoo Station.

Today the city's Zoological

Society is immersed in some 80 conservation projects in 30 countries around the globe. The zoo is continues to remain open while construction work to enhance the various enclosures and exhibit halls is in progress.

The Zoo is open daily from 9 a.m. to 5 p.m. during the winter months (open until 7 p.m. in summer). Admission is €8 for adults, €4 for children and students. A family ticket valid for two adults and their children in a family costs €20. On the last Saturday of the month admission is €6 for adults and €3 for youths.

To get to the Frankfurt Zoo by public transportation take the U6 or U7 to the Zoo Station.

Today the city's Zoological

Society is immersed in some 80 conservation projects in 30 countries around the globe. The zoo is continues to remain open while construction work to enhance the various enclosures and exhibit halls is in progress.

The Zoo is open daily from 9 a.m. to 5 p.m. during the winter months (open until 7 p.m. in summer). Admission is €8 for adults, €4 for children and students. A family ticket valid for two adults and their children in a family costs €20. On the last Saturday of the month admission is €6 for adults and €3 for youths.

To get to the Frankfurt Zoo by public transportation take the U6 or U7 to the Zoo Station.

Today the city's Zoological

Society is immersed in some 80 conservation projects in 30 countries around the globe. The zoo is continues to remain open while construction work to enhance the various enclosures and exhibit halls is in progress.

The Zoo is open daily from 9 a.m. to 5 p.m. during the winter months (open until 7 p.m. in summer). Admission is €8 for adults, €4 for children and students. A family ticket valid for two adults and their children in a family costs €20. On the last Saturday of the month admission is €6 for adults and €3 for youths.

To get to the Frankfurt Zoo by public transportation take the U6 or U7 to the Zoo Station.

Today the city's Zoological

Society is immersed in some 80 conservation projects in 30 countries around the globe. The zoo is continues to remain open while construction work to enhance the various enclosures and exhibit halls is in progress.

The Zoo is open daily from 9 a.m. to 5 p.m. during the winter months (open until 7 p.m. in summer). Admission is €8 for adults, €4 for children and students. A family ticket valid for two adults and their children in a family costs €20. On the last Saturday of the month admission is €6 for adults and €3 for youths.

To get to the Frankfurt Zoo by public transportation take the U6 or U7 to the Zoo Station.

Today the city's Zoological

Society is immersed in some 80 conservation projects in 30 countries around the globe. The zoo is continues to remain open while construction work to enhance the various enclosures and exhibit halls is in progress.

The Zoo is open daily from 9 a.m. to 5 p.m. during the winter months (open until 7 p.m. in summer). Admission is €8 for adults, €4 for children and students. A family ticket valid for two adults and their children in a family costs €20. On the last Saturday of the month admission is €6 for adults and €3 for youths.

To get to the Frankfurt Zoo by public transportation take the U6 or U7 to the Zoo Station.

Today the city's Zoological

Society is immersed in some 80 conservation projects in 30 countries around the globe. The zoo is continues to remain open while construction work to enhance the various enclosures and exhibit halls is in progress.

The Zoo is open daily from 9 a.m. to 5 p.m. during the winter months (open until 7 p.m. in summer). Admission is €8 for adults, €4 for children and students. A family ticket valid for two adults and their children in a family costs €20. On the last Saturday of the month admission is €6 for adults and €3 for youths.

To get to the Frankfurt Zoo by public transportation take the U6 or U7 to the Zoo Station.

Today the city's Zoological

Society is immersed in some 80 conservation projects in 30 countries around the globe. The zoo is continues to remain open while construction work to enhance the various enclosures and exhibit halls is in progress.

The Zoo is open daily from 9 a.m. to 5 p.m. during the winter months (open until 7 p.m. in summer). Admission is €8 for adults, €4 for children and students. A family ticket valid for two adults and their children in a family costs €20. On the last Saturday of the month admission is €6 for adults and €3 for youths.

To get to the Frankfurt Zoo by public transportation take the U6 or U7 to the Zoo Station.

Today the city's Zoological

Society is immersed in some 80 conservation projects in 30 countries around the globe. The zoo is continues to remain open while construction work to enhance the various enclosures and exhibit halls is in progress.

The Zoo is open daily from 9 a.m. to 5 p.m. during the winter months (open until 7 p.m. in summer). Admission is €8 for adults, €4 for children and students. A family ticket valid for two adults and their children in a family costs €20. On the last Saturday of the month admission is €6 for adults and €3 for youths.

To get to the Frankfurt Zoo by public transportation take the U6 or U7 to the Zoo Station.

Today the city's Zoological

Society is immersed in some 80 conservation projects in 30 countries around the globe. The zoo is continues to remain open while construction work to enhance the various enclosures and exhibit halls is in progress.

The Zoo is open daily from 9 a.m. to 5 p.m. during the winter months (open until 7 p.m. in summer). Admission is €8 for adults, €4 for children and students. A family ticket valid for two adults and their children in a family costs €20. On the last Saturday of the month admission is €6 for adults and €3 for youths.

To get to the Frankfurt Zoo by public transportation take the U6 or U7 to the Zoo Station.

Today the city's Zoological

Society is immersed in some 80 conservation projects in 30 countries around the globe. The zoo is continues to remain open while construction work to enhance the various enclosures and exhibit halls is in progress.

The Zoo is open daily from 9 a.m. to 5 p.m. during the winter months (open until 7 p.m. in summer). Admission is €8 for adults, €4 for children and students. A family ticket valid for two adults and their children in a family costs €20. On the last Saturday of the month admission is €6 for adults and €3 for youths.

To get to the Frankfurt Zoo by public transportation take the U6 or U7 to the Zoo Station.

Today the city's Zoological

Society is immersed in some 80 conservation projects in 30 countries around the globe. The zoo is continues to remain open while construction work to enhance the various enclosures and exhibit halls is in progress.

The Zoo is open daily from 9 a.m. to 5 p.m. during the winter months (open until 7 p.m. in summer). Admission is €8 for adults, €4 for children and students. A family ticket valid for two adults and their children in a family costs €20. On the last Saturday of the month admission is €6 for adults and €3 for youths.

To get to the Frankfurt Zoo by public transportation take the U6 or U7 to the Zoo Station.

Today the city's Zoological

Society is immersed in some 80 conservation projects in 30 countries around the globe. The zoo is continues to remain open while construction work to enhance the various enclosures and exhibit halls is in progress.

The Zoo is open daily from 9 a.m. to 5 p.m. during the winter months (open until 7 p.m. in summer). Admission is €8 for adults, €4 for children and students. A family ticket valid for two adults and their children in a family costs €20. On the last Saturday of the month admission is €6 for adults and €3 for youths.

To get to the Frankfurt Zoo by public transportation take the U6 or U7 to the Zoo Station.

Today the city's Zoological

Society is immersed in some 80 conservation projects in 30 countries around the globe. The zoo is continues to remain open while construction work to enhance the various enclosures and exhibit halls is in progress.

The Zoo is open daily from 9 a.m. to 5 p.m. during the winter months (open until 7 p.m. in summer). Admission is €8 for adults, €4 for children and students. A family ticket valid for two adults and their children in a family costs €20. On the last Saturday of the month admission is €6 for adults and €3 for youths.

To get to the Frankfurt Zoo by public transportation take the U6 or U7 to the Zoo Station.

Today the city's Zoological

Society is immersed in some 80 conservation projects in 30 countries around the globe. The zoo is continues to remain open while construction work to enhance the various enclosures and exhibit halls is in progress.

The Zoo is open daily from 9 a.m. to 5 p.m. during the winter months (open until 7 p.m. in summer). Admission is €8 for adults, €4 for children and students. A family ticket valid for two adults and their children in a family costs €20. On the last Saturday of the month admission is €6 for adults and €3 for youths.

To get to the Frankfurt Zoo by public transportation take the U6 or U7 to the Zoo Station.

Today the city's Zoological

Society is immersed in some 80 conservation projects in 30 countries around the globe. The zoo is continues to remain open while construction work to enhance the various enclosures and exhibit halls is in progress.

The Zoo is open daily from 9 a.m. to 5 p.m. during the winter months (open until 7 p.m. in summer). Admission is €8 for adults, €4 for children and students. A family ticket valid for two adults and their children in a family costs €20. On the last Saturday of the month admission is €6 for adults and €3 for youths.

To get to the Frankfurt Zoo by public transportation take the U6 or U7 to the Zoo Station.

Today the city's Zoological

Society is immersed in some 80 conservation projects in 30 countries around the globe. The zoo is continues to remain open while construction work to enhance the various enclosures and exhibit halls is in progress.

The Zoo is open daily from 9 a.m. to 5 p.m. during the winter months (open until 7 p.m. in summer). Admission is €8 for adults, €4 for children and students. A family ticket valid for two adults and their children in a family costs €20. On the last Saturday of the month admission is €6 for adults and €3 for youths.

To get to the Frankfurt Zoo by public transportation take the U6 or U7 to the Zoo Station.

Today the city's Zoological

Society is immersed in some 80 conservation projects in 30 countries around the globe. The zoo is continues to remain open while construction work to enhance the various enclosures and exhibit halls is in progress.

The Zoo is open daily from 9 a.m. to 5 p.m. during the winter months (open until 7 p.m. in summer). Admission is €8 for adults, €4 for children and students. A family ticket valid for two adults and their children in a family costs €20. On the last Saturday of the month admission is €6 for adults and €3 for youths.

Gift drive brightens holidays in Iraq

'Like a miracle come true'

By Alexandra Williams
*U.S. Army Garrison Giessen
Public Affairs Office*

To Melody Freni and her colleague, Nancy Mosites, it was like a miracle that they were able to send 50 boxes filled with 4,000 gift bags early December to the Giessen and Friedberg Soldiers deployed to Iraq.

"Not only did they arrive there in time so every Soldier could get his or her bag on Christmas, but I never thought I would get that many donations to have enough for so many Soldiers," said Freni, assistant center manager at the Bad Nauheim Child Development Center.

Every bag contained candy, a small game and a Christmas card. Additionally every company got a (plastic) Christmas tree and a banner made by Freni's preschool class.

It's the second time that Freni got involved in a gift and food drive for the deployed troops of 1st Brigade. While the first delivery last summer was aimed at Friedberg-based Soldiers, this project also included the troops from Giessen and other units attached to 1st Brigade, she said.

After learning about the brigade's tour extension Freni wanted to do some-

thing for the Soldiers.

"We were upset, but how must the Soldiers have felt? We all thought by Christmas they would be in Kuwait, and now they would be spending the holidays in Iraq. I felt we needed to boost their morale," she said.

The 10 children in her group suggested sending gift bags to the Soldiers, she said. Immediately Freni began spreading the word to parents and her and her husband's family in Florida.

She hoped to get enough items to prepare 3,000 gift bags, enough to include the Soldiers from Giessen.

"We thought 3,000 was a stretch, so Nancy and I were wondering if we would get enough to make it happen," she said.

A few days later parents and Bad Nauheim residents brought in candy, ornaments and snacks.

"My mom told people at her work about the project so they sent us items, as well as our church. The Bellevue Elementary School in Florida sent 1,300 handmade Christmas cards," said Freni.

The notes from the students added a personal touch.

"One kid wrote 'You are nice and I am too. I hope you get to meet me one day, so laugh.' Many thanked the Soldiers for protecting them. They showed their support for our troops," she said.

"I ordered some cards, candy canes and the games at Ornamental Trading and they only charged me \$1,000. I had my order within a week and they didn't charge me for tax or for the shipping.

"It was overwhelming. All that support made us cry. It's so nice to know that other people



Photo by Alexandra Williams

Melody Freni (center) praised the support of children and families.

care," she said.

It only took a few days to fill up most of her apartment. All the donations and the items she ordered were enough to fill 4,000 bags. That enabled Freni to include the Soldiers from other units attached to the 1st Brigade.

"There were boxes everywhere. At one point I couldn't even see my floor anymore," she said.

The children in her preschool group made banners and created artwork.

"They couldn't help with the packing. They have no attention span to fill thousands of bags," she explained.

Supplied with addresses provided by the brigade's rear detachment, Freni and Mosites shipped the packages early December to their destination.

"Even though we couldn't put much into the bag, every Soldier got something," she said.

CDC manager Linda Traynham said she was thrilled about Freni's support for the troops.

"It's a cool thing," she said. "We are a tiny CDC and Melody's class is so tiny, but together they managed to provide a gift bag to each one of our Soldiers. Their efforts were amazing."

"Melody and Nancy spearheaded it and once again everyone joined us. The

willingness of the Bad Nauheim spouses to continuously bring items that we need, even though they were not only for their Soldier, is wonderful.

"In this small community we still do things together as a family," Traynham observed.

Once again the children were proud to be part of the project. And again the children sent lots of love with each bag that was shipped.

"I hope my dad and the other Soldiers have a nice Christmas," said 5-year-old Nadia Schalow.

"He doesn't like candy, but he likes cards. I am sure the other Soldiers like candy," she said.

That her father can't be home for the holidays made her sad, but she was looking forward to his return, Schalow said.

"It's going to be much better than Christmas when he comes home," she said.

"I made some ornaments for the gift bags," said 4-year-old Lillian Moon. "My dad likes candy a lot, and I am happy for him that he gets a nice bag with games for Christmas," she said.

"I miss my daddy a lot, but he is coming home soon," Moon said.



Photo by Melody Freni

A few weeks after Melody Freni announced her project, donations started piling up in her apartment.

Youth activities ... Youth activities ... Youth activities

Child and Youth Services events

A **Guys Only Sports Overnight** will be held Jan. 26 at Giessen Youth Services. It is open to all CLEOS registered male youths age 11-18. Transportation from Butzbach will be provided. Cost is \$10. A free **Pool and Pingpong Tournament** will be held Feb. 2 at Butzbach YS. Transportation from Giessen will be

provided. A **Teen Sweetheart dance** for youths age 14-18 takes place Feb. 10 at Butzbach YS. Sign up before Feb. 6. Roses and photos will be available for sale. For more information call Butzbach YS at civ (06033) 73048 or Giessen YS at mil 343-6129.

SKIES Unlimited

Gymnastics classes are scheduled for Monday

and Wednesday at the YS gym in Giessen's Dulles Housing. Beginner, intermediate and advanced classes are offered. **Group guitar lessons** are available Thursday from 4-5 p.m. at Butzbach School-Age Services. The class is designed for children age 9 and older. Guitars are available. For details on classes call CLEOS at mil 343-8216.

Pet abandonment cruel, illegal

Soldiers responsible for follow-on care of their pets when leaving Germany

Editor's note: This is the second in a series on planning for a move.

By Alexandra Williams
U.S. Army Garrison Giessen
Public Affairs Office

Champ was a great pal for the children. The dog gave them his unconditional love, and they enjoyed playing and cuddling with him or taking him for walks.

One evening his master put Champ in the car and they drove a few miles into the country. Looking forward to a walk Champ waited patiently while his master tied him to a tree and then drove off. Champ waited and barked all night. His family drove to the airport the next morning and got on a plane headed for their new home in the United States.

If Champ was lucky someone found him and brought him to a shelter. If not, he died a couple of days later tied to a tree still waiting for his family to come and get him.

What may sound horrible to responsible pet owners will unfortunately become reality for a few cats and dogs when military units begin relocating to the States this summer. In the process of moving some families may realize they can't take their pet because of a missing vaccination, no space at their new home or the high cost of transportation for the animal.

Abandonment no option

"Abandonment is not the best option for the pet; oftentimes deserted animals die of dehydration, starvation or they freeze to death," said Capt. Erin Huisinga, officer in charge of the Hanau and Giessen veterinary clinics. If sim-



Photos by Heinz-Jürgen Schink

A small dog greets visitors at the Giessen Animal Shelter. American and German officials urge military families not to abandon their pets if they cannot take them to the next duty station.

ply set to roam free many pets often get hit by cars and can contract life-threatening diseases, she said.

"Domesticated pets are dependent on their human owners for food, water, and shelter, and contrary to popular opinion, can't easily return to their 'wild state' to fend for themselves," she said.

"Owning a pet is a responsibility," said Holly Strout, veterinary clinic receptionist.

"There is a German-American protection law applicable to all animals kept as pets. The law governs the cohabitation of people and pets," she said. "An animal is a living being and is not there to kill boredom."

U.S. Army Europe and garrison command policy prohibits neglect and abusive treatment of animals, she added. "Neglect and abusive treatment are defined as any act or omission whereby an

animal's physical or psychological well-being is compromised and are subject to severe penalty and fines to include actions under the Uniformed Code of Military Justice and civilian misconduct," she explained.

"Owners who abandon their pets are responsible for all costs incurred by the government for the transfer, care, custody and final disposition of the animal," she said.

"Pet owners residing in government housing are also

subject to host nation laws," she added.

Pet abandonment is not only considered inhumane, it can result in severe punishment for the service member. Penalty includes fines up to €25,000 and in some cases may result in a prison sentence of up to three years. German authorities can get jurisdiction and penalize the Soldier even if he or she has relocated to the United States.

"All pets coming through the VTFs are chipped so authorities can easily identify the owner," she said. The chip also makes it necessary to do a transfer of ownership when he or she finds a new home for the animal.

Several options available

"There are several options to find a new home for the pet," said Strout. "All VTFs will gladly place flyers, provided by the owner, for the placement or adoption."

Owners can also place a free advertisement in the Stars and Stripes at www.estripes.com or take a look at the Kaiserslautern Stray Animal Facility at Pulaski Barracks at www.kmcstrays.com.

"Those are options to place your animal in a loving home without being abandoned," Strout said.

Start by looking for a new home as soon as you receive orders or decide the pet cannot travel with the family, she said.

Another option is the animal shelters run by the German Animal Protection Agencies. Local shelters are prepared to help American families.

"When we heard about the upcoming move we built 10 new kennels to have more space for dogs," said Martina Löhwing, chairwoman of the Butzbach Animal Shelter. "Our goal is to help every family that cannot take their pet to the new home. There is no reason and no excuse for abandoning an animal."

Butzbach's staff offers help to those who cannot take their pet but want to keep the animal as long as they stay in the U.S. Army Garrison Giessen. They may bring a photo and a description of the pet's personality, likes and dislikes to the facility now so it can be placed on their website.

"This way we can find a new home while the cat or dog is still with his current owners. The sooner you start the process the better the chance to find a new home quickly," she said.

The Giessen shelter is currently working on an information letter for housing residents on how they can help families as well.

No questions asked

"We are glad about everyone acting responsibly and giving his pet a chance to find a new home instead of abandoning it. You don't have to pay, and we won't ask for your reasons why you can't take the pet," Löhwing said.

All facilities appreciate the vaccination records and, if possible, personal information about the pets such as diseases and medication needed.

The shelter in Butzbach is located at Am Himmrichsweg. The staff can be reached at civ (06033) 5538. It is open Tuesday to Friday from 5-6:30 p.m., Sunday and holidays from 10 a.m. to noon. The facility of the BMT Reichelsheim is located in Siedlerstrasse 2. The staff can be reached at civ (06035) 5916. Opening hours are Monday, Wednesday to Saturday from 3-5 p.m. In Giessen you can find the shelter at Vixröder Strasse 16. Call them at civ (0641) 52251 or stop by Tuesday or Friday from 3-5 p.m., Saturday and Sunday from 3-6 p.m. Wetzlar's animal shelter is located in Magdalenenhäuser Weg 34. It is open Tuesday, Wednesday, Friday, Saturday and Sunday from 2:30-5:30 p.m. The facility is closed Monday, Thursday and German holidays. Since it is a small facility with limited space, call in advance before dropping off your pet at civ (06441) 22451. (*See next issue for a look at passport and visa requirements for Soldiers and family members.*)



Bringing a pet to a local animal shelter instead of abandoning it is a responsible act. The staff will try to find a new home for the pet.

Community spotlights

Actors sought

The Keller Theatre hosts auditions Jan. 23 and 24 starting at 7 p.m. for "Independence." Needed are four women, backstage and technical assistance. For details call the Keller Theatre at mil 343-6515.

'The Betrayal' at theater

The Giessen Keller Theatre hosts a guest presentation of "The Betrayal" by The White Horse Theatre Jan. 26-27 and Feb. 2-3. Tickets are \$12 or €10 for adults. All shows begin at 7:30 p.m. Call the box office at mil 343-6515 for details.

Free bowling for Soldiers' families

The bowling centers in Giessen and Friedberg offer free bowling every second Thursday for family members impacted by the extension of the 1st Brigade Combat Team. For more information call the Giessen Bowling Center at mil 343-6172 or the Friedberg Bowling Center at mil 324-3270.

Giessen Library hours

The Giessen Library is open Tuesday to Saturday from 9:30 a.m. to 1 p.m. and from 2-5:30 p.m. It is closed Sunday, Monday and holidays.

Free Parent's Night Out

Child and Youth Services offers a Parent's Night Out every third Friday of the month from 6:30-10:30 p.m. for family members impacted by the extension of the 1st Brigade Combat Team. The next Parent's Night Out will be held Feb. 16 at the Giessen Child Development Center. Call mil 343-8216.

Shopping in Hamburg

The Outdoor Recreation Center in Giessen hosts a Hamburg Shopping trip Feb. 3. Families of Soldiers affected by the tour extension may participate for free and only pay for activities at the destination. For other I.D. cardholders the trip is open at the regular cost. The bus departs Giessen at 5 a.m. and is scheduled to return at 11 p.m. The trip involves a lot of walking so bring comfortable shoes. For details call mil 343-8202.

DeCA scholarships

Students may now apply for \$1,500 Defense Agency Commissary scholarships for 2007. Applications for the Scholarships for Military Program can be downloaded at www.commissaries.com;



Photo by Alexandra Williams

Gearing up to reunite

Army Community Service hosts a free Gearing up to Reunite Symposium Jan. 23 from 8:30 a.m. to 1:30 p.m. at the Alpine Club on the Giessen Depot. Sessions include Homecoming, Reunion, Battlemind, the Art of Effective Anger, Living Calmly on the Edge and Mediation Techniques. Lunch with round table discussions, child care for CLEOS-registered children and transportation will be provided free of charge. Call Giessen ACS at mil 343-7218 or Friedberg ACS at mil 324-3465.

www.militaryscholar.org or www.dodea.edu. The program is open to children of military active duty, retired, Guard and Reserve members. Deadline for the application, which includes an essay on how and why the applicant would change an historical event, is Feb. 21.

Volunteers for tax centers sought

The Giessen and Friedberg tax centers seek motivated volunteers with analytic minds and a basic understanding of mathematics. Benefits include valuable IRS tax preparation training and computer software training. For more information call Capt. Nate Babb at mil 324-3780 or civ (06031) 81-3780.

PAO email address

The Giessen Public Affairs Office has a new email address. Please send your written requests and suggestions to usaggiessenpao@104asg.army.mil.

WIC-O winter weather policy

The Women, Infant and Children Overseas will follow the local school delay schedule. If the schools have a one-hour delay WIC-Overseas will open an hour later. If the schools are closed in the area call the WIC-O office for the delayed opening schedule at civ (06033) 925 736.

Auto Skills special

The Auto Skills centers in Giessen and Friedberg offer a \$10 tire rotation special to all customers getting an oil change (\$15 plus supplies). This service is available by appointment only. For details call in Giessen mil 343-7050 and in Friedberg at mil 324-3218.

Sale at Crafter's Corner

The Crafter's Corner in Giessen offers a 75 percent discount on all items in the store. The discount does not apply to the frame and plaque shops. For more information call mil 343-6445.

Valentine's Day bouquets

The Arts and Crafts centers in Giessen and Friedberg are now accepting orders for balloon bouquet deliveries for Valentine's Day throughout the U.S. Army Garrison Giessen. Customers may place orders via telephone or email. For pricing and bouquet options call or stop by Building 47 in Giessen or Building 3627 in Friedberg. All major credit cards are accepted. For details call Arts and Craft in Giessen at mil 343-6445 and in Friedberg at mil 324-3465.

AFAP Forum

An Army Family Action Plan Forum for adults is scheduled for Jan. 30 from 9 a.m. to 2 p.m. The location is not yet determined but will be announced as soon as possible. Community members are encouraged to look for submission boxes placed throughout the U.S. Army Garrison Giessen to drop off their suggestions. Issues can also be submitted online through a link on the garrison website at www.giessen.army.mil. For more information call mil 343-7618.

AAFES 'New Year Baby' sweepstakes set to award more than \$1,500 in prizes to military parents' newest family members

The Army and Air Force Exchange Service is kicking off 2007 with an exclusive contest for the military's newest moms and dads.

Open to any authorized Exchange customer who had a baby born on Jan. 1 2007, the "New Year Baby Sweepstakes" is an online drawing for a bundle of baby goodies from Graco, Cosco, The First Years, Safety 1st, Infantino and Gerber.

Drawing on its 111 year history of service to military families the world

over, AAFES has compiled three prize packages with everything parents need to welcome their New Year addition in style.

"At a minimum, each prize pack will include a stroller, toddler bed, security gate, bouncer, tub, bassinet, activity center and swing along with a one-year supply of AAFES' Exchange Select Diapers and six-month supply of Baby's Choice

Formula," said AAFES' chief marketing officer Richard Sheff.

"By including merchandise from the PX/BX and Exchange Online Store, the 'New Year Baby Sweepstakes' is an excellent example of how AAFES' online and offline sales points work together to make preparing for the birth of a baby easy and affordable. Whether growing

military families exercise their exchange benefit on the computer, over the phone or in person, they're going to save money everyday when they shop at their exchange," said Sheff.

"New Year Baby Sweepstakes" entries must be received at www.aafes.com before Jan. 31.

The drawing for the three grand prizes, each projected to exceed \$500 in value, will be held Feb. 5. (AAFES media release)



In memory of a fallen hero

Rhode Island native extends holiday cheer to Ready First Soldiers in Iraq

By Spc. Tanya C. Polk
1st Armored Division
Public Affairs Office

Gwen George never met Sgt. Michael Ross Weidemann. But when she heard of his death she felt a pain in her heart and grieved for his parents and loved ones.

As a military mother, she knew what it was like for a son to go to war. Fortunately her son came home alive, but Sgt. Weidemann did not.

Weidemann, a Soldier with 1st Battalion, 36th Infantry Regiment, 1st Brigade Combat Team, 1st Armored Division, was killed in Iraq when an improvised explosive device detonated near his vehicle on Oct. 31.

While working for the Newport, R.I., police department, George heard of Weidemann's death when she was notified to assist the National Guard with death notifications. Although not related to the fellow Rhode Island resident, George felt connected to the fallen Soldier and felt the need to do something.

She did something big. Sending 18 oversized packages to Weidemann's comrades, Soldiers with Task Force 1-36th Infantry, George and members of the Newport Police Department brought holiday cheer to the recently extended 1st BCT troops.

"With the loss of Sgt. Weidemann, a local hero to us, we decided to do something in his memory," George said. "We couldn't think of a better tribute than to remember him to his troops who are all away from their homes and their families during this holiday season."

"Sgt. Weidemann died a hero, and we wanted to show the men and women he worked with that they are heroes also," she said.

George and the police department sent the Soldiers blankets, hats, T-



Photo courtesy of U.S. Army
Ross Weideman was killed by an explosive in Iraq on Halloween.

shirts, socks, games, CDs and DVDs, magazines, puzzles, snacks and other food items, toiletries, phone cards, cards, letters and ornaments. George also sent two additional large care packages containing stuffed animals and candy canes to a hospital unit.

"Postage was several hundred dollars, and paid for by our local police

union," said George.

"(We received) tremendous support from Detective Patrick Shea, who knew him, Robynne Alber, an account clerk at City Hall and from the local and statewide community," she continued. "We had an 18-month-old toddler come in with fleece blankets and an elderly woman come in with a coffee can full of pennies to help with the shipping cost."

This is not the first time George sent deployed troops a piece of home. She has been supporting Soldiers since the beginning of Operation Iraqi Freedom. The first year of the war, George helped send 300 individual care packages to Soldiers in Iraq from several units.

"Every year at the holiday time, we try and do something for someone," said George.

"We cannot express our gratitude for their dedication to our country and our freedom," said George. "They mean the world to us, and we wish them nothing but godspeed and safety and hope that they return home soon."

I want your business.

Your American sales representative:
Sylvester Hall

Now available U.S. Specs.
Mercedes-Benz to order 10% under MSRP.
All military personnel and DoD civilians.



Mercedes-Benz



DR. VOGLER

Authorized Mercedes-Benz Dealer The DaimlerChrysler AG

www.dr-vogler.de

Your Partner in Germany: Sylvester Hall,
Bad Homburg (15 min. from Frankfurt), Hessenring 64
Phone 0049 (0) 6172 - 12 16 - 454
Mobile 0049 (0) 170 - 1 66 21 50
e-mail Sylvester.Hall@dr-vogler.de

“It’s not about winning; it’s about the kids having fun and learning the skills.”

Now play nice ... parents

Youth sports for fun, for children, not rabid competition

By Dennis Johnson

U.S. Army Garrison Hessen Public Affairs Office

“Youth Services Sports offer an opportunity for character building,” said Col. Herman “Tracy” Williams III, U.S. Army Garrison commander, “physical fitness and fun — period.”

Williams was addressing some less-than-sportsmanlike conduct by parents during last year’s football and soccer season at a Child and Youth Services Sports Program review meeting Dec. 4.

“It’s not about winning, it’s about the kids having fun and learning the skills,” said Williams.

“We’re not here to win, win, win,” said Kerwin Walker, CYS sports and fitness director. “We’re here to have fun.”

The CYS Sports and Fitness Program is designed to promote positive attitudes and instill values associated with sports and recreational activities in adulthood, it’s not meant to be serious competition, officials said. CYS provides a safe and fun environment in which youths can learn valuable life lessons such as conflict resolution, teamwork and leadership from adult mentors.

The sports program focuses on organized, meaningful play and lets youths gain experience in a variety of positions on a team. The level and length of athletic competition is commensurate with the physical and emotional stage of the participants.

“You, the leadership must pass down to the staff and the parents the message ‘the end result is not winning. Every child gets to play,’” said Williams. “The rules for YS Sports are that no superstar plays 45 minutes and another player only a few.”

CYS Sports managers strive to teach good sportsmanship and that appropriate conduct is expected from all players, parents and coaches. Vulgar or abusive language or any type of violent behavior during practices or games will earn a player up to a two game suspension for the first incident and removal from the team for a second incident. Youth Sports staff and

officials will end any game if the unsportsmanlike conduct of a player, parents or coach is directed toward a specific team, officials said.

Violation of the Parent Code of Ethics may result in suspension from attending practices and games and possibly a ban from sporting events depending on the seriousness of the incident.

Coaches are required to adhere to the National Youth Sports Coaches Association Coaches Code of Ethics and the Six Pillars of Character — trustworthiness, respect, responsibility, fairness, caring and citizenship.

Coaches in violation of the NYSCA Coaches Code of Ethics may receive a suspension from games and practices or removal from coaching and possibly a ban from events. Head coaches are asked to assist YS in controlling their players as well as monitoring the conduct of the parents.

Illegal drugs, cigarettes, cigars, pipes, smokeless tobacco and alcohol are prohibited at all YS Sports practices and games.

“Our program runs on volunteer coaches, and we are always looking for new coaches,” said Walker. Coaches, like the children, can visit the Child and Youth Services Liaison, Education and Outreach Services office to sign up to volunteer. The CLEOS office is located in Room 10, Building 20 on Pioneer Kaserne. Call mil 322-9144 for information.

“Coaches need no special skills but preferably they’ll have a little knowledge of the sport they want to coach,” said Walker. “Coaching certification classes are held for volunteers to teach them how to coach.”

After completing the clinic, volunteers will be National Youth Sports Coaches Association certified and able to coach throughout the United States and Europe.

“They can coach somewhere else if they PCS,” said Walker.



Things to do around Frankfurt



The Frankfurt International Ski Club offers an easy way to ski some of Europe’s best slopes.

‘City of Angels’ at Frankfurt’s English Theatre

“Only the floor kept her legs from going on forever...” The English Theatre in Frankfurt presents the musical “City of Angels” through Feb. 11. “City of Angels” is a musical comedy loaded with jazz and side-splitting laughs. The English Theatre is located at Gallusanlage 7 in downtown Frankfurt, a short walk from the main train station. Performance times are Tuesday through Saturday at 7:30 p.m. and Sunday at 6 p.m. Tickets range from €27 to €42. Call (069) 242 316-20, email box-office@english-theatre.org or book online at www.english-theatre.org. Visit www.english-theatre.org for schedules and information about current and upcoming productions.

Frankfurt-n-Motion

The Frankfurt-n-Motion Sports and Social Club is an international community group in the Frankfurt area that provides many chances to join other expatriates in sports events, dancing, concerts, plays, trips, dinners, movies, festivals, wine tastings, parties, jam sessions, barbecues and “Pub Tuesdays.” The group has over 625 members from more than 30 different countries. For more information go to www.groups.yahoo.com/group/frankfurt-n-motion or email lisaclontz33@aol.com.

Frankfurt International Ski Club trips

Join like-minded winter sports enthusiasts in the Frankfurt International Ski Club for trips to some of Europe’s best slopes. Upcoming trips include Aietsch Jan. 26-28, the Black Forest Jan. 27, Ischgl Feb. 2-6, Vogelsberg Feb. 3, Park City, Utah, Feb. 3-10, Verbier Feb. 9-11 and St. Veit Feb. 11-17. The English-speaking club meets every other Wednesday at 7 p.m. at the Your’s Irish Bar on Schillerstrasse in Frankfurt, with the next social slated for Jan. 31. Visit www.fiscweb.org online or call civ (069) 9720 3669 for more information.

Gelnhausen-Meerholz new center of European Union



By Cornelia Meyer-Olin

U.S. Army Garrison Hessen Public Affairs Office

The French may think that Paris is the center of Europe, if not the world, but the French Geographical Institute recently proclaimed Gelnhausen to be Europe's true heart.

Actually, the FGI determined that a piece of farmland in the town of Gelnhausen-Meerholz, a small town between Hanau and Gelnhausen, as the new geographical center of the European Union due to the inclusion of Romania and Bulgaria in the union at the start of the year.

The spot is located precisely 9 degrees 9 minutes east longitude and 50 degrees 10 minutes 21 seconds north latitude; about 250 meters from the Niedermittlauer Heiligenkopf in Gelnhausen-Meerholz. The site took the honors from the neighboring community of Hasselroth by a mere 50 meters.

There was much rejoicing at Gelnhausen's city hall at the announcement. Kinzig county commissioner Erich Pipa and Gelnhausen's mayor, Jürgen Michaelis, tapped a keg of beer, flags were raised and the European Union anthem was sung Jan. 3, according to the Hanauer Anzeiger.

The piece of farmland owned by farmer Eckhard



Photo by Dennis Johnson

A farmer's field between Hanau and Gelnhausen is the new geographic center of the European Union.

Paul is a nondescript field along the edge of a wood just above the town and not far from the cemetery.

This is the second time in history that Gelnhausen has been named the center of Europe, figuratively, if not geographically. The first time was when Gelnhausen was home to Frederick I (1122-1190), called Barbarossa who was elected king of Germany on March 4, 1152 and crowned Holy Roman Em-

peror on June 18, 1155. Gelnhausen is still known as Barbarossastadt.

There are plans to erect a commemorative bench on the spot so people can come to sit and enjoy the view from the center of Europe.

Paul has no plans to capitalize on his land's location. He will not put up a fence and charge admission for people to visit the center of Europe. However, he celebrated the good news, too, according to the Bild Frankfurt.

Meerholz may only have three years to celebrate. In 2010 the center may move again if Croatia and Turkey are allowed join the European Union.

If you want to visit the true center of Europe drive north on A66 and exit at Gelnhausen West, exit 43. Go straight through the next intersection and go toward Meerholz. Pass through Meerholz until you see the Norma store on your left. Turn left

there and go .6 kilometers and turn left following the signs to the Waldfriedhof. Continue to the next T intersection and turn right. Follow the road until it narrows, leaves the neighborhood and starts into farm fields. Turn right onto the next dirt road and park by the bench and concrete power pole. Walk along the dirt road and keep an eye open for signs posted on trees guiding you toward the Mittelpunkt der EU.

Army Family Action Plan 2007

By Dennis Johnson

U.S. Army Garrison Hessen Public Affairs Office

"The Army Family Action Plan conference is your opportunity to be part of the solution, because you are the change you make in the community," said Mary Jernigan, Hanau's AFAP coordinator.

AFAP is an ongoing program for gathering ideas at the community level and presenting them to the people who can take action. Each year these suggestions are collected throughout the community and reviewed at the Hanau AFAP conference. Suggestions and concerns of local interest are sent on to the appropriate officials, and those that are deemed of Army-wide interest will move on to the Hessen Garrison AFAP conference in March, then to the Installation Management Command-Europe AFAP conference, and perhaps all the way up to the Army-level.

The annual Hanau Community AFAP conference will be held Jan. 25-26 at the Community Activity Center at Fliegerhorst Kaserne.

Issues to be discussed and suggestions to create a better community will be accepted until Jan. 22. Submission forms and drop boxes can be found throughout the community, or the form can be folded



and sent free through the Military Postal Service.

Submission forms can also be found online at www.hanau.army.mil. Ideas can be submitted anonymously, or you can request to be contacted about your suggestion.

Delegates to the conference are selected by commanders in order to represent the broad spectrum of the community population. The AFAP coordinator makes suggestions to the command as to the people desired to attend. For instance, the AFAP coordinator may request that 5-7th Air Defense Artillery send a single female Soldier as a delegate, while another unit may be asked to send the spouse of a Soldier in order to provide variety in the backgrounds of the delegates.

The AFAP conference will be held Jan. 25-26 at the Community Activity Center on Fliegerhorst Kaserne and all community members are welcome to attend the outbriefing at the conference's end to hear the delegates' recommendations.

Most importantly is that Hanau community members submit their ideas so the conference can benefit from the knowledge of those who live in the community.

"We also want to emphasize that rear detachment commanders should let Soldiers downrange know to submit their suggestions and concerns online," said Jernigan.

In the past the AFAP process has made real changes to the quality of life for Soldiers and their families, according to officials.

Some of the issues already submitted for discussion are:

- ❖ Department of Defense civilians and their family members are not allowed to fly Space A except on emergency leave.

- ❖ Tricare insurance should be an option for civilians.

- ❖ The health clinic is closed on Thursday mornings.

- ❖ A pay incentive should be offered for enlisted personnel with advanced college degrees.

For more information on the AFAP conference call Jernigan at mil 322-8965, civ (06181) 88-8965, email mary.jernigan@104asg.army.mil or visit her at Army Community Service in Building 19 on Hanau's Pioneer Kaserne. Remember to drop your suggestions for a better community in the AFAP submission boxes you'll find at many locations around the caserns.

EFMP screening vital to moving process

Ensure your family has the services they need when overseas

By Dennis Johnson
U.S. Army Garrison Hessen
Public Affairs Office

Do you have an exceptional family member and don't even know it? You might.

People often think only of children with learning disabilities when they hear the word "exceptional," said Susan Moyer, the Exceptional Family Member Program manager at Hanau Army Community Service.

"But an exceptional family member may be an elderly parent with arthritis or a spouse with allergies. Does someone in your family have asthma? If so, he or she may need to be enrolled in the Exceptional Family Member Program," said Moyer. "You don't want to arrive at a new assignment and find there's no doctor to treat your family member's condition."

Exceptional Family Member Program screening is required for every family member (whether identified as an EFM or not) when a Soldier moves to an overseas duty location and family member travel is authorized at government expense. For Soldiers in Germany that includes a continuing overseas tour, inter-theater transfer, foreign-service tour extension or move to Alaska or Hawaii. The screening must be completed within the year before the move.

The definition of an EFM is "a family member with a physical, emotional, developmental or intellectual disorder that requires special treatment, therapy, education, training, counseling, equipment, assistance or medical care above the level of a general practitioner."

The program ensures that services are available for any family member who has a medical, educational or mental health condition that requires ongoing or specialized services. EFMP keeps families together by ensuring the required services are available at a future duty station before an assignment is made.

If you have an exceptional family member it is

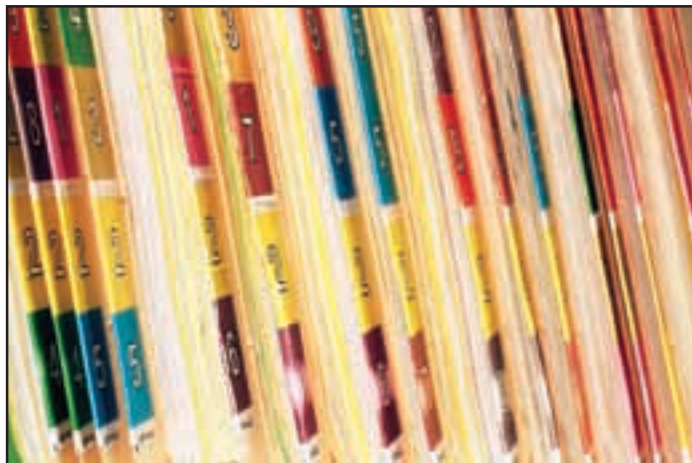


Photo by Dennis Johnson

An Exceptional Family Member Program screening is really just a review of medical records

mandatory to enroll in the EFMP.

Some of the conditions that qualify for EFMP enrollment are asthma, allergies, attention deficit disorder, developmental delays, diabetes, heart conditions, thyroid dysfunction, premature infants, Down's syndrome, multiple sclerosis, cerebral palsy, spina bifida, AIDS, blindness, deafness, depression, anxiety disorders, manic depressive or bipolar disorders, conduct disorders, sickle cell disease, cancer, Alzheimer's, Parkinson's, arthritis and any educational disabilities. If you are unsure if a condition qualifies for enrollment contact the EFMP.

Not all conditions will be a cause for enrollment in the EFMP. If someone has mild diabetes that is successfully managed through diet and doesn't require multiple visits to a doctor, that person shouldn't need to be enrolled. But if the severity changes, and insulin is needed, then the person's status could change and qualify for the EFMP.

Soldiers do not get EFMP screenings, only the family members do. A screening is really just a review of the family medical records.

When a Soldier with an EFMP enrolled family member is nominated for a specific assignment, the Human Resource Command checks with the EFMP at the gaining installation to ensure that the needed services are available. Since Soldiers can be nominated for an assignment anytime it is vital that EFMP enrollments be kept up-to-date. If the needed services are not available the HRC will seek other assignments for the Soldier based on his individual circumstances. A Soldier does not have to turn down an assignment if the family member can not accompany him.

Orders will not be issued to family members to overseas locations until the EFMP screening has been completed. Soldiers must read their orders carefully and note whether their family members are listed on the orders or not.

There must be a valid personnel re-

quirement for a Soldier for an assignment to be made. A pilot will not go to a post where there's no aircraft to fly just because medical services are available there. EFMP Soldiers are also subject to unaccompanied tours and worldwide assignments.

Call the EFMP if you are concerned about your child's speech, language, physical or cognitive development; if you are seeking information about local support groups; if you need assistance locating community resources; a family member visits a doctor more than four times a year for an ongoing medical problem; a family member has special education needs, a physical handicap or an emotional disorder.

It is the sponsor's responsibility for their family members to be enrolled and their information to be updated every three years or anytime a change in diagnosis, medication or severity of the condition occurs.

EFMP enrollment does not affect a Soldier's career. The information is not kept in local or Department of the Army files, and is never released

to selection boards for schools or promotion boards. The information is only used to select appropriate assignment locations. However, Soldiers who try to avoid EFMP enrollment can receive a letter of reprimand.

Ensure that when you move to a new overseas assignment the services your family needs will be there by enrolling in the EFMP. Help the Army give you an assignment that your family can live with.

With the departure of the 4th Brigade last year there was some confusion about who needed to be screened and who did not. Many Soldiers were erroneously told that their family member needed to be screened even though they were returning to the continental United States. This caused a backup at the health clinic and kept people from receiving appointments as quickly as they would otherwise.

Your family members need to receive a screening if:

↔ You are being assigned, reassigned or extended in an overseas location, including Alaska and Hawaii, and want your family members to accompany you.

Your family members do not need a screening if:

↔ You are returning to the continental USA.
↔ Have no family members or they will not accompany you.

Hanau residents should contact Susan Moyer, EFMP manager at Hanau Army Community Service at mil 322-8965, civ (06181) 88-8965, or by email at susan.moyer1@us.army.mil to enroll, receive an EFMP screening or for more information. Büdingen residents should contact the Büdingen Health Clinic, or Susan Moyer if their medical records are kept in Hanau.

You can find the governing regulation, AR 608-75, at www.usapa.army.mil/pdffiles/r608_75.pdf.

The soft and effectual alternative to cosmetic surgery

STRETCH MARKS · CELLULITE
BELLY SHAPING FACE WRINKLES
BREAST LIFTING · ACNE SCARS

Painless and without operation

Novel therapy system combining the artificial intelligence of contemporary medical technology with the wisdom of traditional Chinese medicine

Comfortable – Affordable

English speaking staff
Call now for a free consultation at
06181-668 0414 (English speaking line)

Dr. Rudolph Weber
Niemberger Str. 4 · 63450 Hanau

REENERGETICS®
gynLIFESTYLE

Relaxation – Revitalization – Beauty – Quality Of Life

Community notes . . . Community notes

M.L. King Jr. Luncheon

U.S. Army Garrison Hessen celebrates Martin Luther King Jr. Day with a luncheon Jan. 19 from 11:30 a.m. to 1 p.m. at the dining facility on Underwood Kaserne. For information call mil 323-2012 or civ (06181) 180-2012.



Center. The class costs \$45 per month. Pioneer Fitness Center is located in Building 41, Pioneer Kaserne. Call mil 322-8197 or civ (06181) 88-8197 to sign up.

Pioneer Fitness Center classes

The Pioneer Fitness Center offers many fitness classes to keep you healthy. Classes include spinning, cardio burner, tae kwon do, cardio kick boxing and racquetball instruction. Call mil 322-8197 or civ (06181) 88-8197 to sign up.

Financial Readiness Program

Hanau Army Community Service offers classes in financial management.

Jan. 18 — Principles of Personal Finance, Büdingen ACS, 2-3:30 p.m.

Jan. 24 — Understanding Investments, Hanau ACS, 2-3:30 pm

Jan. 25 — Understanding Investments, Büdingen ACS, 2-3:30 p.m.

Unit Financial Readiness Training — Banking and checking account maintenance, budget development, credit use and abuse, identify theft and financial planning classes are available upon unit request.

Employment Readiness Program

Jan 18 — Resume and Cover Letter Workshop, Büdingen ACS, Outreach Center, 2-3:30 p.m.

Hanau ACS is located in Building 19, Pioneer Kaserne. Call civ (06181) 88-8965 or mil 322-8965. Büdingen Family Outreach Center is located in Building 2207 on Armstrong Barracks. Call civ (06042) 80-

786 or mil 321-4786.

Super Bowl events

Enter to win your a VIP seat for yourself and two guests at the Super Bowl Sunday Party at Hessen Bowl on Wolfgang Shopping Center. Watch the game on TV while bowling, Feb. 4 from 9 p.m. to 5 a.m.

Super Sunday Brunch

Enjoy a Super Bowl Sunday Brunch at the Hessen Bowl with prizes, giveaways, football trivia, games and discounted bowling Feb. 4 from 11 p.m. to 3 a.m.

Hessen Bowl is located on Wolfgang Shopping Center. Open Sunday to Thursday from 11 a.m. to 11 p.m., Friday and Saturday from

11 a.m. to midnight. Call civ (06181) 88-8534/8638 or mil 322-8534.

Dining facility hours

The Thursday hours at the Pioneer Kaserne dining facility have changed. New hours are: Monday to Friday — breakfast 7-8:30 a.m., lunch 11:30 a.m. to 1 p.m., dinner 4:30-6 p.m.; weekends — brunch 10 a.m. to 1 p.m., supper 3:30-5 p.m.

FAST class

Raise your general technical score by taking a five-day FAST class for active duty Soldiers offered by the Hanau Education Center Jan. 26-Feb. 1, Feb. 2-8 or Feb. 9-15 from 8 a.m. to noon. The education center is located on the second floor of Building 11 on Pioneer Kaserne. To take the FAST



Get your flu shot at commissary

Flu shots will be provided to anyone 11 years and older at the Hanau Commissary Jan. 20 from 11 a.m. to 2 p.m. and Jan. 21 from noon to 4 p.m. Flu shots are also available at the Hanau Health Clinic for everyone. Units can contact the Soldier Medical Readiness Center at mil 328-6645 to receive flu shots as a unit. Hours are Monday to Wednesday and Friday from 8-11:30 a.m. and 1-4 p.m., Thursday from 1-4 p.m. For information call Sgt. Charlene Barding or Pfc. Katie Flynn at mil 328-6658.

class you need to have completed an Adult Basic Education Test within the past six months and have a DA form 4187 signed by your commander. For information call mil 322-8380.

CHRA-Europe website

The redesigned Civilian Human Resources Agency-Europe website is <http://cpolrhp.belvoir.army.mil/eur/index.htm>.

Transformation link

Learn about the latest transformation news by visiting the transformation web page at the home page of www.hanau.army.mil.

The transformation web page has answers to all the questions you may have about transformation — shipping pets and household goods, the

exceptional family member program, passports, housing notifications, German rentals and housing, PCS moves and more.

Waist Whittlers

Waist Whittlers is a weight loss support group that meets Tuesdays at 5 p.m. in the Hanau Health Clinic conference room. People who are trying to lose weight or maintain their weight loss are welcome.

For information call mil 322-8965 or email WaistWhittlers-owner@yahoo.com.

ALL IN ONE

Parkstraße 1 • 63457 Hanau-Wolfgang

ATLANTIC TRUST Car Insurance

- Car shipping
- Loans
- Car Body Repair

Versicherungs Brokers Ltd. & Co KG
Ask for Martina 0 61 81- 5 07 43 14

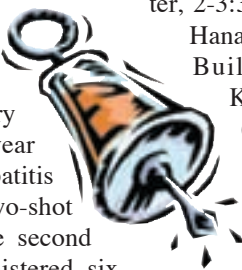
- Laundry
- Dry Cleaning
- Alterations
- Nametags
- Patches
- Guidons
- Express Service

Simon's Tailor Shop

Ask for Ingrid 0 61 81- 4 28 77 95

Tae kwon do classes

Adult tae kwon do classes are offered Wednesday and Friday at 6 p.m. at Pioneer Fitness



School vaccinations

The meningitis vaccination is mandatory for all school students 11 years and older. The Hepatitis A vaccine is mandatory for all children 1 year and older. The Hepatitis A vaccine is a two-shot treatment with the second vaccination administered six months after the first. These vaccinations are required for all children enrolled in school by Jan. 23 and are available at the Hanau Health Clinic. Call civ (06181) 500-6658 for information.

FERD. SCHLINGLOFF



Private Moves

Moving Overseas



Storage

EUROMOVERS

EUROPEAN MOVER PARTNERSHIP



Business Moves

Heavy Machinery up to 1 ton



YOUR MOVING EXPERT IN THE RHEIN-MAIN AREA

Tel: 06181-916400

Fax: 06181-91640-50

E-mail: schlingloff-hanau@t-online.de

www.schlingloff.euromovers.de

Take a hike: A guide to volksmarching in U.S. Army Garrison Hessen

By Donald Seltzer
Special to the Herald Union
Volksmarching notes

There's more to this feature than meets the eye. You'll find additional events listed in the online version of Take a Hike at www.usaghessen.eur.army.mil/hunion/Takeahike.htm.

The 2007 international edition of the IVV calendar is now available. This book is a good buy at €4.70 as you'll find scheduled walks in more than 40 countries around the world, to include Germany and the United States. It's great for including a volksmarch wherever your travels may take you. The book may be purchased from the DVV awards officer in the starthalle.

Would you like to receive Take a Hike at the same time as the *Herald Union* editor? The complete, unedited version of the monthly volksmarching feature is available in its original Word document format by sending an email message to volksmarch@gmail.com with "subscribe" in the subject line.

While walks may be fewer in number because of the season, they're also that way due to a shortage of event brochures. Readers are asked to pick up an extra set of event brochures for this column and mail them via MPS to: U.S. Army Garrison Hessen, Herald Union Volksmarch, Unit 20193 Box 0001, APO AE 09165-0001.

Weekend of Jan. 20-21

Kappel — This event is in the scenic Hunsrück region west of Bingen, not far from Hahn airport. From Bingen, use Autobahn 61 and the Rheinböllen exit. Take B-50 toward Simmern and Kirchberg, then use B-



421 to reach Kappel.

Start: Gemeindehalle **Saturday and Sunday:** 8 a.m. to 2 p.m. (5, 10 and 15 km) **Trail:** Somewhat hilly trails, fields and woods **Award:** From previous events.

Trier-Zewen — This event in Germany's oldest city is reasonably close to Idar-Oberstein, Baum-

holder and Neubrücke. Head toward Autobahn 1: from Baumholder connect at Freisen; from Idar-Oberstein connect at Neubrücke via B-41. Trier-Zewen has its own Autobahn exit as drivers approach Trier. Watch carefully for IVV directional signs.

Start: Schulturnhalle **Sunday:** 7:30 a.m. to 2 p.m. (6 and 12 km) **Trail:** Somewhat hilly, mix of city and woods **Award:** IVV credit only.

Weekend of Jan. 27-28

Seibersbach — This event is west of Bingen and adjacent to the scenic Hunsrück region. The town and its walk are easily reached. Use Autobahn 61 toward Koblenz and exit at Stromberg. Follow an unnumbered road 4-5 miles in the direction of Rheinböllen then pick up the road to Seibersbach.

Start: Dorfgemeinschaftshaus **Saturday and Sunday:** 8 a.m. to 1 p.m. (5 and 10 km) and 8 a.m. to noon (20 km) **Trail:** Fairly hilly, fields and woods **Award:** Multifunction knife.

Weekend of Feb. 3-4

Kleinich/Hunsrück — This event is north-northwest of Idar-Oberstein and fairly accessible to others in USAG Hessen. From points east, use Autobahns 60 and 61 to exit at Rheinböllen. Follow B-50 past Simmern and Kirchberg to Ober-Kleinich, then use an unnumbered road a short distance to the start at Kleinich. From Idar-Oberstein, use B-422

through Tiefenstein, B-269 north to Morbach, and B-327 to Ober-Kleinich to connect with an unnumbered road to the start.

Start: Gemeindehaus **Saturday:** 8 a.m. to 2:30 p.m. (5, 10 and 15 km) **Sunday:** 8 a.m. to 2 p.m. (5, 10 and 15 km) **Trails:** Hilly, wooded areas **Award:** From previous events.

Weekend of Feb. 10-11

Nieder-Wiesen — This event is south-southeast of Bad Kreuznach and fairly accessible via Autobahn 63. As with the New Year's Day event, participants should bring boots if the ground is wet. Pick up A-63 southbound from Mainz in the direction of Alzey, then exit at Erbes-Büdesheim. Follow unnumbered roads through Erbes-Büdesheim and Nack to reach the start.

Start: Gemeindezentrum **Saturday and Sunday:** 8 a.m. to 2 p.m. (5 and 10 km) and 8 a.m. to 1 p.m. (20 km) **Trails:** Fairly hilly, fields and woods **Award:** Garden gnome.

Weekend of Feb. 17-18

Bad Marienberg — Although it's a bit of a drive, the holiday event in the Hoher Westerwald region of central Germany should be rather pretty. From Giessen use Autobahn 45 toward Herborn and Siegen and exit at Herborn-West to use B-255 and B-414. Drive west toward Hachenburg and watch for IVV directional signs.

Start: Schulzentrum **Saturday and Sunday:** 7:30 a.m. to 2 p.m. (5 and 10 km) and 7:30 a.m. to 1 p.m. (20 km) **Trail:** Hilly, wooded areas **Award:** Table lantern.

Weekend of Feb. 24-25

Weierbach — Close to home for Idar-Oberstein's residents, this scenic part of Germany is well known

for its gemstones. From points east, head toward Bad Kreuznach using Autobahn 60 and B-41. Continue on B-41 toward Idar-Oberstein and Kirn in order to reach Weierbach. It's a fairly short drive toward Bad Kreuznach on B-41 in order for wanderers in Idar-Oberstein to reach the start.

Start: Hessenstein-Halle **Saturday:** 7:30 a.m. to 2 p.m. (6 and 10 km) and 7:30 a.m. to 1 p.m. (20 km) **Sunday:** 7:30 a.m. to 1 p.m. (6 and 10 km) and 7:30 a.m. to noon (20 km) **Trails:** Very hilly with long uphill start, neighborhoods and woods **Award:** Vase **Note:** Short trail is stroller-friendly.

Weekend of March 3-4

Ludwigshafen am Rhein — Trails will bring participants along the banks of the Rhein River. From the central portion of USAG Hessen use Autobahn 67 south to the Viernheimer Dreieck. Take Autobahn 6 toward Ludwigshafen, exit at Ludwigshafen-Nord and follow IVV signs to the start. From Mainz, head south on Autobahn 61 to pick up Autobahn 6 eastbound and, as above, exit at Ludwigshafen-Nord.

Start: Gemeinschaftshaus in the Ludwigshafen suburb of Pfingstweide **Saturday and Sunday:** 6:30 a.m. to 1 p.m. (5, 10 and 20 km) **Trails:** Flat, mostly stroller-friendly fields and riverbank trails **Award:** Small decorative shovel.

Weekend of March 10-11

Simmern/Hunsrück — This walk is in one of Germany's prettiest areas — the Hunsrück region west of Bingen. Take Autobahns 60 and 61 and the Rheinböllen exit, then pick up B-50 toward Kirchberg and Simmern. An unnumbered road will be used for the final mile or so to Simmern. From Idar-Oberstein use B-41, B-421 and B-50 to reach the start.

Start: Hunsrückhalle **Saturday:** 7 a.m. to 3 p.m. (5 and 10 km) and 7 a.m. to 2 p.m. (20 km) **Sunday:** 7 a.m. to 1 p.m. (5, 10 and 20 km) **Trails:** Hilly, woods and fields **Award:** From previous events.

Weekend of March 24-25

Kirn-Sulzbach — This scenic walk is just down the road from Idar-Oberstein and easily reached. A wide variety of trail lengths will satisfy every level of volksmarcher. From Idar-Oberstein use B-41 toward Bad Kreuznach to reach the start at Kirn-Sulzbach; from Wiesbaden use Autobahn A-60 to Bad Kreuznach and continue west on B-41.

Start: Gasthaus Collet **Saturday:** 6:30 a.m. to 4 p.m. (5 and 10 km), 6:30 a.m. to 2 p.m. (20 km), 6:30-9 a.m. (42 km) and 6:30-8 a.m. (50 km) **Sunday:** 6:30 a.m. to 1 p.m. (5, 10 and 20 km) **Trails:** Hilly, fields and woods **Award:** From previous events (shorter trails) or patch and certificate (marathon trails).



Photo by Karl Weisel

'Seussical, The Musical'

The Theatre Unlimited Performing Company presents "Seussical, The Musical," based on the works of Dr. Seuss, Jan. 20-21, 27-28 and Feb. 3-4 at 2 p.m. at Frankfurt's English Theatre. Performances will also be held Jan. 27 and Feb. 3 at 6 p.m. Call civ (069) 2423 1620 or email box-office@english-theatre.org for ticket information.

Sports shorts

Groundhog Day Run

Giessen's Sports and Fitness holds a 5-Kilometer Run/3-K Family Walk Jan. 27 on the Giessen Depot. Cost to run is \$20 including a T-shirt. Walkers participate for free.

Free aerobathon

Baumholder's Hall of Champions features a free aerobathon Jan. 27. Classes include spinning, yoga, toning, step and jazz dance. Register for a free 10-minute chair massage. Call civ (06783) 6-7093.

Officials Clinic

The Kaiserslautern Officials Association will hold a National Federation of High Schools Officials Clinic Feb. 3 from 10 a.m. to 6 p.m. at the Landstuhl Learning Center, Building 3718 in Landstuhl. The clinic is free and will include classroom work, the NFHS 2007 test and field evaluations. Attendance and passing the test are required to officiate DoDDS high school soccer games starting in March. Call Mike Donohue at mil 370-6763 or Gerd Backhaus at mil 484-8244 for details.

Calling all boxers

Hanau's Pioneer Fitness Center hosts the 20th annual Black History Boxing Invitational Feb. 10. Doors open at 5 p.m. and the first bout starts at 6:30 p.m. Weigh-ins are from 8 a.m. to



Photo by Karl Weisel

Don't miss the Black History Boxing Invitational Feb. 10 in Hanau. See above for details.

noon. Call mil 322-8197 or civ (06181) 88-8197 for more information.

Cheerleading tryouts

The Frankfurt Pirates seek girls age 8-25 for three cheerleading squads. Tryouts will be held Feb. 24. Visit www.frankfurt-pirates.de for more information about American sports in the Frankfurt area or send an email to Frankfurt-pirates@gmx.de if interested in trying out to be a cheerleader.

Officials, coaches wanted

Opportunities abound for coaches and officials in Baumholder for volleyball, soccer and softball. Call the Baumholder Sports Office at mil 485-6671 to get involved.

King of the Hill

Bowlers are invited to compete for bragging rights and cash in the King of the Hill contest at the Hessen Bowl on Hanau's Wolfgang Shopping Center. Competitions will be held Feb. 18, March 18, April 29 and July 29. Call mil 322-8534 for details.

Jazz dance classes

Register now for the February beginner and level 1 jazz dance class to be held at the Rolling Hills Athletic Club in Baumholder. The cost is \$40 for four sessions. The beginner class will be held Wednesday from 6:30-8 p.m. and the level 1 class Thursday from 6:15-7:45 p.m. Call civ (06783) 6-6156 or mil 485-6156.

Racquetball Tourney

Hanau's Pioneer Fitness Center hosts a Dr. Martin Luther King Jr. Birthday Racquetball Tournament Jan. 18 at 4:30 p.m. Entrance is free. Call civ (06181) 88-8197 or mil 322-8197 for details.



Photo by Ralf Kutzer

Wolf howling night

The Klein-Auheim Wildpark features its Wolf Howling Night Jan. 20 from 3-6 p.m. Join park ranger Dr. Marion Ebel for a walk through the animal sanctuary and a look at the wolves. A dog show will also be featured. Cost is €4 for children, €6 for adults. The Wildpark is located on B-43A, just north of the Hanau exit off Autobahn 3.

Things to do ... Things to do

Free bowling

Families of 1st Brigade Soldiers affected by the deployment extension in Iraq are invited to bowl for free Feb. 1 and 15 from 5-7 p.m. at the Spare Times Lanes on Friedberg's Ray Barracks. Call mil 343-6194 for information.

Spouses tour of Wiesbaden

Explore Wiesbaden with other spouses every Wednesday at 10 a.m. The Wiesbaden Spouses Orientation Tour meets at the American Arms Hotel. Sign up for the tour by calling Wiesbaden Army Community Service at civ (0611) 4080-234 or mil 335-5254. ACS is located in Building 7790 in Hainerberg Housing.

Soapbox derby races

The Familiennetzwerk Hanau e.V. invites Americans to participate in their Soapbox Derby Races May 5-6 in Hanau-Steinheim. For more information visit www.familien-netzwerk-hanau.de or call Harald Körner at civ (06181) 659 657.

USO adventures

Rhein-Main Area USOs feature ballroom dancing, cardio kickboxing, yoga, belly

dancing, language and culture classes, and a host of other activities. Upcoming trips offered include **The Riesling Route with Eric the Red** Jan. 27, **Rhein River Cruises** Jan. 28 and Feb. 14, **Czech Shopping** Feb. 3, **Black Forest and Triberg** Feb. 10, **Carnival in Venice** Feb. 17-19, **Würzburg by Train** Feb. 24, **Paris Express** Feb. 24, **Luxembourg** March 3, **Neuschwanstein and Hohenschwangau Castles** March 10. Stop by your local USO for details.

Friday night sports

Jump on Baumholder Outdoor Recreation's Friday Night Ski and Snowboard Shuttle to go sledding, ice skating, snowboarding or skiing at the Erbeskopf winter sports park. Cost is \$15. The shuttle departs at 6 p.m. and returns at midnight. Call civ (06783) 6-7182 or mil 485-7182 for details.

Wiesbaden exhibit

The Museum Wiesbaden features a photo exhibition dedicated to "The Vanishing Face of Brazil's Rainforest" through March 25. The images, captured by Wiesbaden photographer Werner Hammer, depict endangered native

tribes in their natural habitat. It is open Wednesday to Sunday from 10 a.m. to 5 p.m. and Tuesday from 10 a.m. to 8 p.m. Admission is €2.50 for adults, €1 for children age 6-17 and €6 for families. The museum is located at Friedrich-Ebert-Allee 2. Call civ (0611) 3352 250 for more information or to arrange group visits.

Country Western Night

Mainz-Kastel's Kastel Klub holds Country Western Night and line dancing every Friday from 9 p.m. to midnight. Call mil 334-2903 for more information.

Save money through VAT relief

Don't forget to stop by your local Value Added Tax relief office to purchase VAT forms which can be used to avoid paying the German sales tax — raised to 19 percent this year.

Go skiing with club

The West Pfalz Ski Club meets every first and third Wednesday of the month at the Burgschänke Restaurant in Hohencken. Trips are featured to Austria, France and Switzerland. Visit www.kwpskiclub.com for trip details and directions to the meetings.



At the movies Jan. 18 to Feb. 1

Baumholder, Wagon Wheel

- Jan. 19** — Stranger Than Fiction (PG) 7 p.m.
Jan. 20 — Eragon (PG) 3 and 7 p.m.
Jan. 21 — Eragon (PG) 1 p.m.
 Happy Feet (PG-13) 4 p.m.
Jan. 26 — Casino Royale (PG-13) 7 p.m.
Jan. 27 — Night at the Museum (PG) 7 p.m.
Jan. 28 — Deck the Halls (PG) 4 p.m.

Büdingen, Little

- Jan. 19** — Saw III (R) 7 p.m.
Jan. 20 — The Prestige (PG-13) 3 p.m.
Jan. 26 — Borat (R) 7 p.m.
Jan. 27 — Flushed Away (PG) 3 p.m.

Dexheim, Rhein

- Jan. 18** — Flushed Away (PG) 7 p.m.
Jan. 19 — Stranger Than Fiction (PG-13) 7 p.m.
Jan. 20 — Let's Go To Prison (R) 7 p.m.
Jan. 25 — A Good Year (PG-13) 7 p.m.
Jan. 26 — Deja Vu (PG-13) 7 p.m.
Jan. 27 — Casino Royale (PG-13) 7 p.m.
Feb. 1 — Casino Royale (PG-13) 7 p.m.

Giessen, Skyline

- Jan. 19** — Borat (R) 7 p.m.
Jan. 20 — Blood Diamond (R) 7 p.m.
Jan. 21 — The Holiday (PG-13) 5 p.m.
Jan. 26 — Let's Go To Prison (R) 7 p.m.
Jan. 27 — Charlotte's Web (G) 2 p.m.
 The Pursuit Of Happyness (PG-13) 7 p.m.
Jan. 28 — Casino Royale (PG-13) 5 p.m.

Hanau, Evening Star



Jet Li (left) portrays martial arts legend Huo Yuanjia, the most famous fighter in China at the turn of the 20th century, in "Jet Li's Fearless."

- Jan. 18** — Flushed Away (PG-13) 7 p.m.
Jan. 19 — Happy Feet (PG) 7 p.m.
 Let's Go To Prison (R) 9:30 p.m.
Jan. 20 — Stranger Than Fiction (PG-13) 7 p.m.
Jan. 21 — Happy Feet (PG) 7 p.m.
Jan. 22 — Let's Go To Prison (R) 7 p.m.
Jan. 23 — Happy Feet (PG) 7 p.m.
Jan. 24 — Stranger Than Fiction (PG-13) 7 p.m.
Jan. 25 — Let's Go To Prison (PG-13) 7 p.m.
Jan. 26 — Night at the Museum (PG) 7 p.m.
 Casino Royale (PG-13) 9:30 p.m.
Jan. 27 — Night at the Museum (PG) 7 p.m.
 Deja Vu (PG-13) 9:30 p.m.
Jan. 28 — Deck the Halls (PG) 4 p.m.
 Night at the Museum (PG) 7 p.m.
Jan. 29 — Casino Royale (PG-13) 7 p.m.

- Jan. 30** — Deja Vu (PG-13) 7 p.m.
Jan. 31 — Deck the Halls (PG) 7 p.m.
Feb. 1 — Casino Royale (PG-13) 7 p.m.

Wiesbaden, Taunus

- Jan. 18** — A Good Year (PG-13) 7 p.m.
Jan. 19 — Code Name: The Cleaner (PG-13) 7 p.m.
 Let's Go To Prison (R) 9:30 p.m.
Jan. 20 — Happy Feet (PG) 4 p.m.
 Code Name: The Cleaner (PG-13) 7 p.m.
 Stranger Than Fiction (PG-13) 9:30 p.m.
Jan. 21 — Happy Feet (PG) 4 p.m.
 Stranger Than Fiction (PG-13) 7 p.m.
Jan. 22 — Jet Li's Fearless (PG-13) 7 p.m.
Jan. 23 — Let's Go To Prison (R) 7 p.m.
Jan. 24 — Saw III (R) 7 p.m.
Jan. 25 — Stranger Than Fiction (PG-13) 7 p.m.
Jan. 26 — Casino Royale (PG-13) 7 p.m.
 Freedom Writers (PG-13) 10 p.m.
Jan. 27 — Deck the Halls (PG) 4 p.m.
 Freedom Writers (PG-13) 7 p.m.
 Deja Vu (PG-13) 10 p.m.
Jan. 28 — Happy Feet (PG) 4 p.m.
 Casino Royale (PG-13) 7 p.m.
Jan. 29 — Deja Vu (PG-13) 7 p.m.
Jan. 30 — Casino Royale (PG-13) 7 p.m.
Jan. 31 — Deja Vu (PG-13) 7 p.m.
Feb. 1 — Let's Go To Prison (R) 7 p.m.

Movies and times subject to change by local theaters. For the most up-to-date schedule visit the garrison's website (see address below).

Movie plots

Freedom Writers (PG-13) — Erin Gruwell (Hilary Swank) opens the eyes of a group of racially charged juvenile delinquents, gang members and underprivileged students to the experiences of those outside their community suffering intolerance.

Borat (R) — Sacha Baron Cohen's Kazakhstani reporter character Borat travels from his primitive home in Kazakhstan to the U.S. to make a documentary. On his cross-country road-trip, Borat meets real people in real situations with hysterical consequences.

Casino Royale (PG-13) — Daniel Craig stars as a young James Bond on his first "007" mission. He must beat Le Chiffre (Mads Mikkelsen), banker to the world's terrorists, in a high-stakes poker game at Casino Royale.

Night At The Museum (PG) — A bumbling security guard at the Museum of Natural History accidentally lets loose an ancient curse that causes the animals and insects on display to come to life and wreak havoc.

Eragon (PG) — A youth discovers a dragon egg which leads him to become a knight and battle an evil king. Stars Ed Speleers, John Malkovich and Jeremy Irons.

Let's Go To Prison (R) — A career criminal and an entitled rich guy wind up sharing a cell in a maximum-security prison. Stars Dax Shepard, Will Arnett and Chi McBride.

Code Name: The Cleaner (PG-13) — An amnesiac janitor (Cedric The Entertainer) is fooled into believing he's an undercover agent on the trail of an international arms ring. Lucy Liu plays an agent who falls for the janitor, while Elizabeth Hurley adds intrigue as a femme fatale who uses the hapless worker for her Machiavellian devices.

Flushed Away (PG) — This claymation feature tells the story of an uptown rat who is flushed down the toilet from his penthouse apartment into the sewers of London, where he has to learn a whole new way of life.

Happy Feet (PG) — Happy Feet is set deep in Antarctica where Mumble (voiced by Elijah Wood), a penguin, son of Memphis (voiced by Hugh Jackman) and Norma Jean (voiced by Nicole Kidman), is the worst singer in the world. However he is a brilliant tap dancer.

Deck The Halls (PG) — Danny DeVito and Matthew Broderick are neighbors in a small New England town who clash when one decides to decorate his house for the holidays so brightly it can be seen from space.



Brom (Jeremy Irons) gives one of his most cherished possessions — his sword — to young Eragon (Ed Speleers) in the movie, "Eragon."

Classified advertising

Accommodation, for SALE

Houses, apts for sale/rent
Wiesbaden, Darmstadt, Frankfurt
01635-707501, 0171-5109237.
Email epdc-germ@t-online.de

Large 230sqm duplex with mediterranean touch for Sale! 4BDR, 3BR, fireplace, spacious open living, dining and kitchen area on a 1500sqm lot of land! Parking in front

of house but no garage! Kottweiler, Steinwenenerstr. 18b Private Sale at value Price: €258.000, call for directions: 0171-4354479

Obernheim - Kirchenarnbach (Neumühle) Duplex house 4 sale. Liv spaces ca 120sqm 4Rms BIK lrg bath & sep show & 100sqm 3Rms BIK bath. Both w/fire-pl & oil heat garage, big yard 1600sqm. Both 4 €184.000 06375-993362

RAM city center 2level Penthouse Apt 4BR 2baths BIK balconies garage + storage €150.000 (+10.000 garage if required) Tel. 06371-51375 or 0173-6640836

Accommodation for Rent

House in Kusel, 3br, bik, 1,5 bath, big liv/din, partly furnished, garage, big patio, garden, approx. 120sqm, approx. 15 min to RAB and to Baumholder, Ä650 + util, 06381-70721 or 0175-6364120

4BR Apt near Lauterecken 150sqm liv/din rm, BIK 1.5baths, bal-

cony, more space av upon request
Ä850+util 0631-940218 or 0631-59557

TLA/TDY

TDY in Grafenwöhr or Vilseck? Furnished apt for rent: www.business-apartment-online.de or 0961-38189438



Chinese Restaurant
Kaiser-Palast
Schienerstrasse 86
65187 Wiesbaden
Tel/Fax: 0611-8110938
All You Can Eat!
-Lunch Buffet-
Mon-Fri €6.90
-Evening Buffet-
Fri & Sat Evenings €11.80
www.kaiser-palast.de

皇宫大酒家

www.kaiser-palast.de

NICKEL

US & GERMAN ATTORNEYS

US & German Divorces • Support Issues • Wills and Probate
Employment • Personal Injury • Contractor Issues • Tax

CALL 069-299-2069-0

OR email: maiss@nickelonline.de



Don't miss your chance!

Build your dream home **100 % financed**
with your housing allowance.

An investment chance you'll never get again.

KAMPA is your first choice if you are looking for an experienced and capable partner (90.000 homes built), providing you with great service throughout the whole process.

Ask for Mrs. Diana Burns:
cellular phone 01 71 - 9 55 84 62
mailto: diana.burns@kampa.de

KAMPA
EXCLUSIVE HÄUSER



- Bavarian Delicacy
- Fresh, cold Draught beer
- Typical German atmosphere in a historical building
- In the middle of the City Center
- Food served all day



König von Bayern im Ratskeller
Schloßplatz 6 | 65183 Wiesbaden | Tel. 06 11-30 00 23
www.Koenig-von-Bayern.de



**We cook bavarian food
– just join & eat!**



LEZZEPPELIN

FROM NEW YORK CITY



"...it will feel like the most powerful all-female band in rock history!"
(SPIN Magazine, June 2005)

Album produced by Eddie Kramer at the Electric Lady Studios

23.01.07 KAISERSLAUTERN Kammgarn

30.01.07 MAINZ KUZ

31.01.07 MANNHEIM Capitol

Tickets: www.wiventertainment.de or by phone: (0)731 - 96 76 429

2007 Rabbit	2007 Jetta	 Meet The VW Family Something For Everyone, and Every Pocket. 2007 Rabbit From 1283 per month 2007 GTI From 1410 per month 2007 EOS From 1521 per month 2007 Jetta From 1325 per month 2007 Passat From 1426 per month 2007 Passat Wagon From 1469 per month AUTO EXCHANGE
2007 GTI	2007 Passat	
2007 EOS	2007 Passat Wagon	

U.S. Specs, Stateside & European Delivery, Financing Arranged, Factory & Extended Warranties.

In Hanau

Call Frank Johnson at: 06181-90-64-742 or E-Mail: f.johnson@mcs-autoexchange.com

In Mainz-Kastel

Call Rickey Jackson at: 06134-287-960 or E-Mail: r.jackson@mcs-autoexchange.com

Or Call James Sweeney at: 06134-287-955 or E-Mail: j.sweeney@mcs-autoexchange.com



Payments based on delivery to inland Germany, €1,399 down over 60 months at 4.99% from Service Credit Union, subject to status

KICK 'N SCORE

**ENTER FOR YOUR CHANCE TO WIN
AT EXCHANGE NEW CAR SALES***

**INSTANT
WIN
GAME**

**HUNDREDS OF WINNERS,
REVEALED INSTANTLY!**

**OVER \$30,000
IN PRIZES!**

DODGE NITRO



**Jeep WRANGLER
UNLIMITED**



**SCORE BIG
WITH EXCLUSIVE SAVINGS
ON 2007 MODELS**

**PLUS FREE FOOTBALL
SEASON GIVEAWAYS!****

**JANUARY 3RD THROUGH
FEBRUARY 4TH**



DODGE

CHRYSLER

Jeep

WWW.ENCs.COM



Exchange
new car sales



DODGE

CHRYSLER

Jeep

Authorized Independent Distributor To U.S. Armed Forces For
DaimlerChrysler Corporation

AAFES
Army & Air Force Exchange Service

*No purchase necessary to enter. See complete rules and regulations at all entry locations. **While supply lasts. All illustrations and specifications are to the best of our knowledge correct as of the date of publication. They are subject to changes made by the manufacturer and the laws and regulations of any federal, state or local government agency. Vehicles shown are for illustration only, and may contain optional equipment available at additional cost. All programs and guarantees are subject to terms and conditions. Visit www.encs.com or see your sales representative for complete details. DaimlerChrysler Corporation and Ford are authorized contractors of AAFES/NEXCOM. Exchange New Car Sales is an authorized distributor to sell and distribute Chrysler, Ford and Harley-Davidson vehicles. This advertisement does not express or imply endorsement by AAFES/NEXCOM, the DoD components or the Federal Government and is not sponsored by them. (C 124-Herald Union)



BEYOND ANYTHING YOU'VE EVER EXPERIENCED

Stunning looks. Exceptional ability - both on and off-road. No matter which member of the Land Rover collection you choose, you receive the full package. Versatile LR3, luxurious Range Rover or the hot Range Rover Sport, each offers a truly unique driving experience - and a pedigree that's second to none.

Drive a Land Rover from \$37,300

**FOR A LIMITED TIME ONLY, PURCHASE A 2007 LR3
AND THE CLIMATE PACKAGE IS NO EXTRA CHARGE**

YOU SAVE \$1,300

STOP BY FOR COMPLETE DETAILS

**CAPITOL
MOTORS**

JAGUAR - LAND ROVER US MILITARY SALES

KAISERSLAUTERN - MIDWAY PLAZA

Tel. +49 (0)631-340 680

nick@capitolmotors.com

www.capitolmotors.com

MILITARY SALES



GO BEYOND



AUTO INSURANCE

PERSONAL
PROPERTY
INSURANCE

VALUABLE
PROPERTY
INSURANCE

UMBRELLA
INSURANCE

HOME IS A LOT CLOSER THAN YOU THINK.

AUTO INSURANCE WITH THE SERVICE AND SUPPORT YOU DESERVE.

USAA auto insurance delivers the same peace of mind in Europe as it does in the States. We've been there too. That's why nobody takes better care of servicemembers and their families stationed in Europe. But our uncommon service doesn't cost more. See for yourself – get your quote today.



OUR COMMON BOND: UNCOMMON SERVICE.

- Competitive rates – unsurpassed service
- Guaranteed repair program
- All policies and member services in English
- Assistance available 24/7 by phone or online

**GET
YOUR
QUOTE
TODAY.**

In Europe, reach us at usaa.com or call us at 00800.824.09250.
Mobile phone users in Germany: Dial 0800.2255.288 then 800.824.0925 when prompted.



We know what it means to serve.®

INSURANCE • BANKING • INVESTMENTS • MEMBER SERVICES



usaa.com
00800.824.09250



Use of the term "member" does not convey any legal, eligibility or ownership rights.

Eligibility restrictions apply to purchase of property and casualty insurance. To remain eligible, military personnel must purchase property and casualty insurance underwritten by USAA by December 31 of the year following the year they leave active, reserve or NG military service. Once eligibility is established, it is generally ongoing. Eligibility may change based on factors such as marital status, rank or military status. Customers must be in good standing and meet underwriting guidelines. Rates and benefits may vary due to eligibility. Contact us to update your records.

USAA means United Services Automobile Association and its affiliates. Property and casualty insurance provided by United Services Automobile Association, USAA Casualty Insurance Company and USAA General Indemnity Company, which are domiciled in TX and are licensed in all 50 United States and DC; Garrison Property and Casualty Insurance Company, which is domiciled in TX and licensed in 48 states and DC; and USAA County Mutual Insurance Company, which is domiciled and licensed in TX. Property and casualty insurance in European Union is provided by USAA Limited, which is domiciled and licensed in the United Kingdom and authorized under the Freedom of Services Directive in Azores, Belgium, France, Italy, Germany, Netherlands, Portugal, Spain and Greece. United Services Automobile Association operates as USAA LTD in Germany.

© USAA 2006. All rights reserved. 1635:15236

BMW Military Sales
Program

Authorized Agency



The Ultimate
Driving Machine

The new BMW X3 3.0si.

Built to take you anywhere and everywhere.

- Special factory-direct prices start at \$33,600*
- US Specifications
- BMW Factory Warranty
- Online ordering service for deployed personnel

For more information on the BMW X3 and the many unique benefits provided by the BMW Military Sales Program, visit a Pentagon Car Sales showroom near you. *Prices subject to change by BMW AG.



BMW Military Sales
A salute to those who serve



Mainz/Wiesbaden

**Ludwig-Wolker-Str. 14
55252 Mainz-Kastel**

Tel: 06134 567 800

Germany

Kaiserslautern
Heidelberg
Spangdahlem/
Bitburg

**Sales@PentagonCarSales.com
www.PentagonCarSales.com**

Italy

Aviano
La Maddalena
Naples
Sigonella
Vicenza

Spain

Rota